



# MWR COMMUNICATIONS UPDATE

## N M C I

CNI Millington Detachment is now on NMCI. Below are the Marketing and Multimedia Development Branch's e-mail addresses:

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## NAVY BALL REIMBURSEMENTS

The MWR Navy Ball reimbursement program is continuing in FY06. The guidelines are attached and reimbursement amounts are listed below.

You have 60 days post event to send your request to Robin Hillyer Miles, CNI Millington Detachment.

250 or fewer attendees	\$1,700.00
251-500	\$2,350.00
More than 500	\$3,000.00

## PROGRAMMING CALENDAR

The 2006 Programming Calendar will be posted on [www.mwr.navy.mil](http://www.mwr.navy.mil) by the end of November. Thanks to NDW, Jenny Wallace and CNI Human Resources Branch for coordinating this project!

### Newsletter Contact Information:

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## MWR IN THE NEWS

NRPA/AFRS Awards  
 Harlem Globetrotters  
 Armed Forces Marathon

November 2005

Issue #62

## OUTBACK SPONSORSHIP

Navy MWR sponsorship program manager worked with Outback and transportation companies to make these meals possible.

USS Nimitz article

Bahrain Desert Times article

CNI Navy MWR article

## SPOTLIGHT ON NSA GAETA, ITALY

This section highlights flyers from NSA Gaeta's Lisa Julian.

Send us a sampling of your products (news releases, photos, flyers, presentations and news clippings) and each month we will focus on a new base.

Boys & Girls Club *circa 2004*

Flea Market *circa 2004*

Harlem Globetrotters Tour

Harry Potter Event

Halloween

Independence Day *circa 2004*

Jr. Navy Ball *circa 2004*

Military Family Appreciation Month

Turkey Day Events

## IDEA EXCHANGE

Atsugi, Japan

Bethesda, Md.

Gulfport, Miss.

Ingleside, Texas

Jacksonville, Fla.

Kings Bay, Ga.

Mayport, Fla.

Millington, Tenn.

Patuxent River, Md.

Signonella, Italy

## NAS PENSACOLA

Ron Westlake, Navy Region Gulf Coast marketing director, submitted the attached articles and photos. If you'd like to share some news, forward it to Robin for inclusion in the next update.

Spinning Class

Stroke 9 Concerts

## **Navy MWR Professionals Honored by Armed Forces Recreation Society**

By Robin Hillyer Miles, Marketing and Multimedia Development Branch, CNIMillington Detachment

MILLINGTON, Tenn. - Nine Navy Morale, Welfare and Recreation (MWR) professionals received 2005 Armed Forces Recreation Society (AFRS) awards recognizing their outstanding performance during the annual National Recreation and Park Association (NRPA) Congress, AFRS Awards Banquet, held Oct. 18 in San Antonio.

The AFRS National Awards Program celebrates the people and organizations that contribute to the recreation of active-duty personnel, retirees, families and civilians associated with the U.S. Armed Forces. In recognizing these outstanding performers, AFRS highlights their many program successes, innovations and individual achievements.

Loretta Nikkola, Fleet Recreation and Readiness coordinator at Naval Station Mayport, Fla., was the winner of the Executive Fellow award, which recognizes the accomplishments of management staff at the headquarters, major command, major subcommand and/or installation level. Nikkola has worked with MWR for more than 20 years. Her nomination stated, "Nikkola's passion for serving the shipboard Sailor is unparalleled as she supports their quality of life needs with the vigor and tenacity exemplified by the Navy's proudest warrior."

Winners of the John "Pat" Harden Practitioner Award included Chris Cation, MWR Afloat Recreation specialist (Fun Boss) aboard the USS Carl Vinson (CVN 70); Jeremy Cooperwood, Single Sailor Program manager, Naval Support Activity Mid-South, Millington; Sara Dowell, Afloat Recreation specialist on board the USS Dwight D. Eisenhower (CVN 69); and Danielle Rickner, Single Sailor Program manager, Mid-Atlantic Region, Norfolk, Va.

The John "Pat" Harden Practitioner Award recognizes supervisory and managerial professionals who work in armed forces recreation at the operations level. This award is presented to those who do it all: planning, producing and executing programs in direct contact with participants, mobilizing volunteers, decorating, and coordinating entertainment, food and publicity.

Jeffrey R. Harris, marketing director, Navy Region Hawaii, and Ella Anderson, administrator, Navy Region Mid-Atlantic, received the Behind the Scenes Award, which is presented to personnel who work behind the scenes in a support services mission, yet play a vital role in the successful delivery of recreation programs and services.

Special Citation awards were presented to Laurie Winter, marketing director, Navy Region Mid-Atlantic, and Hidekazu Nakasone, maintenance division, Fleet Activities, Sasebo, Japan. The Special Citation award recognizes outstanding individuals who have demonstrated leadership ability, pioneering efforts, excellence in research, superior self-development, and involvement in, and dedication to, military recreation.

"We're extremely proud that Navy MWR professionals are being recognized for their commitment to improving the quality of life for our Sailors and their families," said John B. Baker, director, Community Support Programs, Commander, Navy Installations (CNI) Command. "The continued support of AFRS and the NRPA is greatly appreciated."

AFRS, a branch of the NRPA, provides representation for armed forces leisure service professionals throughout the world, providing recreational opportunities for civilian and military populations.

NRPA, headquartered in Ashburn, Va., is a non-profit organization representing more than 21,000 individuals and institutions, providing a wide range of park and recreation resources and services throughout the United States and abroad. Members are involved with the planning, development, and management of virtually every type of local, state and federal, park and recreation system.

# # #

All photos by Robin Hillyer Miles, CNI Millington Detachment Navy MWR



Special Citation awards were presented to Hidekazu Nakasone, Fleet Activities, Sasebo, Japan and Laurie Winter, Navy Region Mid-Atlantic.



Ella Anderson, Navy Region Mid-Atlantic worked "Behind the Scenes" for her award.



Jeff Harris, Navy Region Hawaii, Behind the Scenes award recipient.



Chris Cation, USS Carl Vinson (CVN 70); Sara Dowell, USS Dwight D. Eisenhower (CVN 69); Danielle Rickner, Mid-Atlantic Region, Norfolk, Va. and Jeremy Cooperwood, Naval Support Activity Mid-South, Millington, Tenn. all received the John. P Harden Practitioner award.

**Commander, Navy Installations Command  
Millington Detachment  
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2 November 2005**

**FOR IMMEDIATE RELEASE**

**Harlem Globetrotters Kick Off Holiday Season with Visits to Military Bases**

MILLINGTON, Tenn. – The world-famous Harlem Globetrotters will entertain service members and their families at several military bases in Southwest Asia and Europe in December, as the legendary performers once again reach out to those who are serving America far from home during the holiday season. It's the team's third tour in a year to U.S. military bases overseas.

Presented by Navy Morale, Welfare and Recreation (MWR) and Armed Forces Entertainment (AFE), the Harlem Globetrotters tour will reach each branch of the U.S. Armed Forces.

The Harlem Globetrotters will perform for military personnel in Rota, Spain (Dec. 1); Sigonella, Italy (Dec. 2); Kuwait (Dec. 3); Bahrain (Dec. 4); Djibouti (Dec. 7); Naples, Italy (Dec. 8); La Maddalena, Italy (Dec. 9); Vincenzo, Italy (Dec. 10); Mannheim, Germany (Dec. 11); Lajes, Portugal (Dec. 12); and Guantanamo Bay, Cuba (Dec. 14). The team will also perform on a U.S. Navy aircraft carrier at sea. Service members should contact their local Department of Defense support facility for information on show dates, times and locations.

"The Globetrotters are about first-class entertainment and community support," said Globetrotters Chairman and CEO Mannie Jackson. "There's nothing more important than supporting our military community, giving them a well-needed break, some good laughs and good memories. We are honored to be invited back to bring one of America's favorite pastimes to those troops stationed overseas."

The Harlem Globetrotters tour is also being sponsored in part by Navy AutoSource/Exchange Car Sales, through Navy MWR's commercial sponsorship program. Commercial sponsorship is an authorized way for Navy MWR activities to offset the cost of programs and services. Sponsorship is received in the form of in-kind services and financial support in exchange for public recognition, advertising consideration, and/or product promotion at MWR events.

"We're so thrilled to support the Globetrotters Tour, that many of our Exchange New Car Sales locations on the tour schedule will be hosting additional activities in connection with the performance. Details will be available on bases and at [www.encs.com](http://www.encs.com)," said Rogers Campbell, vice president of marketing for Overseas Military Sales Group.



"We received so much positive feedback on the Harlem Globetrotters tours from our Sailors and their families that we wanted to bring them back again," added Karen Fritz, special events and entertainment coordinator for Navy MWR. "Partnering with Armed Forces Entertainment made it possible to bring this exciting event to other military installations, as well. It's really a true team effort to bring the very best to our men and women serving in uniform."

The Harlem Globetrotters have played before more than 121 million fans in 117 countries worldwide during their 80-year history. They've performed for popes, presidents, kings and queens; own the best winning percentage in any sport with more than 21,800 victories; helped integrate professional basketball; and set the standards for players of all levels around the world.

In 2002, the organization was only the fifth team to be inducted into the Naismith Basketball Hall of Fame, followed by an induction into the Black Sports and Entertainment Hall of Fame and the World Humanitarian Hall of Fame. For more information about the Harlem Globetrotters, visit the team's official Web site at [www.harlemglobetrotters.com](http://www.harlemglobetrotters.com).

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## Navy Team's Fast Feet Lead to Gold, Silver Medals at 2005 Armed Forces Marathon

By Ingrid Mueller, Navy MWR Marketing, Commander, Navy Installations Command, Millington Detachment

MILLINGTON, Tenn. – Navy athletes earned individual gold and silver medals and a second place team finish at the 2005 Armed Forces Marathon, held Oct. 30 as part of the Marine Corps Marathon in Washington, D.C. A record 20,072 runners competed in this year's Marine Corps Marathon, with 19,211 finishers.

The All-Navy marathon team was led by Lt. John Mentzer (2:24:26), Naval Post Graduate School, Monterey, Calif., who came in first among the armed forces team runners, earning a gold medal and finishing fourth overall, and Lt. Jon Clemens (2:30:25), Helicopter Anti-Submarine Light Wing, Pacific, Naval Air Station North Island, Calif., who captured second place and a silver medal, finishing seventh overall. Lt. Cmdr. William Swick (2:41:01), Naval Special Warfare Group One, Naval Amphibious Base, Coronado, Calif., was the final All-Navy men's finisher.

"I figured that my best strategy was to run as close to even splits as possible, roughly 72 minutes for the first 13.1 miles and then try to do the same for the second 13.1 miles," explained Mentzer. "I was able to stick to this strategy, running just over 72 minutes for the first half and hanging on to run right around 72 minutes for the second half (of the race)."

Mentzer added, "It was great competing with the other athletes in the Marine Corps Marathon. "It is truly 'The People's Marathon' and everyone is there because they enjoy competing and want to challenge themselves. I think it is an especially meaningful race for those competitors who are in the service due to the nature of the race and those who run it."

The Navy team also scored a second place finish among the armed forces women runners, with Lt. Melissa Cole (3:03:56), Joint Transformation Command, Norfolk, Va., earning a silver medal and finishing ninth overall in the women's division.

Armed forces team totals were determined by adding the finish times of each service team's first three men and first woman finisher. In a close contest, the Navy team finished in second place (combined time of 10:39:48), less than four minutes behind the Army (10:36:00). The host Marine Corps finished third (10:59:01) and the Air Force finished fourth (11:29:18).

"The service teams are very competitive and have good athletes," said John Hickok, head of the Navy Sports Program for the Navy's Morale, Welfare and Recreation (MWR) Division. "It can be a real challenge for our Navy athletes to put in the necessary hours to train for a marathon because of work schedules, but they were all in great shape and ran hard."

The All-Navy teams participate in the Department of Defense Sports Program and compete in the Armed Forces Sports Championships against teams from the Marine Corps, Army, and Air Force. Following inter-service competition, the very best Navy

athletes may be selected to compete as members of the All-Armed Forces Team and go on to the Military World Games, and national and international competitions.

"I encourage all Navy personnel to run, train and compete to try to earn a spot on the All-Navy marathon or cross-country teams," said Hickok. "There's a fair amount of turnover in the programs, and everyone has to compete every year for a spot on the team. No one is guaranteed a position."

According to Cole, "The Navy Sports Program is a terrific opportunity to bring athletes together from across the fleet in the spirit of athleticism and teamwork. It gives athletes an opportunity to meet a whole variety of people who are dedicated and passionate about the Navy and their sport."

For more information on the Navy Sports Program, visit the Navy Sports Web site at [www.mwr.navy.mil/mwrprgms/sports.htm](http://www.mwr.navy.mil/mwrprgms/sports.htm) or call the Navy Sports Office at 901-874-6632/DSN 882.

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## PRESS RELEASE

USS NIMITZ (CVN 68)

Public Affairs Office

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Date: 18 SEP 2005

Release: 2005-66

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# Outback Steakhouse Sponsors Meal for Nimitz Crew

*By JO3 Dustin Q. Diaz, USS Nimitz Public Affairs*

USS NIMITZ (CVN 68), Arabian Gulf – Sailors and Marines on board the aircraft carrier USS Nimitz (CVN 68) were served a steak dinner Sept. 14 cooked by employees of Outback Steakhouse and Carrabba's Italian Grill.

According to Joel Barker, director of research and development for Serious Food Operations, Outback sponsored the all-day buffet, known as "Feeding Freedom", for the crew of more than 4,600 men and women in uniform as a way of saying thank-you.

"When I was approached with this opportunity, there was no question in my mind about it," Barker said. "I'm sure that sometimes being way out here for long periods of time, the troops might think people have forgotten about them. For me, it's an awesome chance to come out and tell them, 'Nobody has forgotten about you.' It's a way to give back and show some support to those who support and protect us."

Barker said putting together the meal was a huge undertaking requiring cooperation between the Navy and 20 workers from Outback, Carrabba's and National Air Cargo. He said the full expenses connected with the meal and trip cost more than \$290,000. Outback's goal, Barker said, was to serve everybody on the ship a meal prepared to Outback's standards and to give the crew a "taste of home."

One Sailor who sampled the buffet had glowing praise for the quality of the food.

"I had corn on the cob, a steak and some cheesecake," said Yeoman 2<sup>nd</sup> Class (SW/AW) Kristina Carlon, from Yuma, Ariz. "The cheesecake was awesome, very rich and had the perfect amount of chocolate. And the steak was very juicy, seasoned and cooked



just right. You'd never know it from actually going out to eat at the Outback, but the difference was that they brought it out to us."

Hospital Corpsman 3<sup>rd</sup> Class (SW/AW) Leia DiBiasie said the meal was more than welcome after a long day of work.

"They went above and beyond in terms of serving the crew," said DiBiasie, from Saugus, Mass. "It was supposed to end at seven (p.m.), but there were people like myself who weren't able to make it due to work, and they kept the line open, put together 'to-go' bags, and made sure everybody got served.

"It was really honorable of them to not just do it, but make sure it was done right, and they definitely did that," said DiBiasie. "It showed that they do care about what we're doing out here, and we're really grateful for that."

"It all comes back to us in the good words and the smiles on the faces of the crew, and we see that just walking down the hall," said Bob Sherrill, business development manager for National Air Cargo. "We've collaborated with Outback to do this twice before, and we'll keep on doing it."

"It also showed us how impressive it is that they feed this massive crew three times a day, every day," added Barker.

As the day concluded, Capt. Ted Branch, *Nimitz* commanding officer, thanked the visitors on behalf of the crew during his nightly address over the loudspeaker.

"In all my years in the Navy, this was probably the best dinner I've ever had at sea," said Branch. "As far as I'm concerned, the Outback crew is welcome back on board any time."

The *Nimitz* Strike Group is currently on a regularly scheduled deployment and is participating in Maritime Security Operations (MSO) in the Arabian Gulf. MSO set the conditions for security and stability in the maritime environment as well as complement the counter-terrorism and security efforts of regional nations. MSO deny international terrorists use of the maritime environment as a venue for attack or to transport personnel, weapons, or other material.





# OUTBACK STEAKHOUSE®

## No Rules. Just Right.

## Brings a taste of home to Sailors in Bahrain

By JO1 Carmichael Yepez

Outback Steakhouse and Carrabbas restaurants served more than 3,000 steaks to service members and civilians at Naval Support Activity Bahrain Monday Sept. 19.

Service members could only imagine they were at their favorite steakhouse back home when for a brief moment they savored the juicy steaks during the "Feed Freedom" program sponsored by Outback Steakhouse, Carrabbas restaurants and Morale Welfare and Recreation.

"I've been wearing this uniform for more than 13 years, and this is the best payback the community has given," said Lt Cmdr Hartley "Postal" Postlethwaite. "We really appreciate Outback Steakhouse and the effort MWR has put into this. They have done an outstanding job."

Preparations began the day before and by 10 a.m. the following day the scent of sizzling steaks reached every corner of the base as the Outback crew threw the two-and-a-half-inch-thick, 11-ounce steaks on the grills.

By noon, base personnel were being treated to first-class service that included baked potatoes, fried calamari, Italian pasta and a choice of chocolate or cheesecake desserts.

"Hum...hum...hum," said SK3 Darius Austin as he finished the last morsels on his plate. "The last time I had a steak this good was almost a year ago. I was so glad to eat some USDA food, that I ate everything on my plate."

The greatest surprise came when "Feed Freedom"

personnel delivered 'Bloomin' onions with a French dressing dip when people arrived at their tables.

"There's a lot on this plate. I don't think I will be able to finish it all," said CTA2 Angela Gordon "This is the most delicious meal I've had in over a year."

The steak luncheon lasted for more than three hours until almost every person on base returned to work with a full belly and a big grin of satisfaction on their face.

Their visit included a visit to USS Nimitz (CVN 62) on Sept. 14, where they grilled 7,000 steaks. On the 17th, they headed to Djibouti where they fed more than 2,000 Marines concluding their trip at NSA Bahrain, where they sizzled 3,200 steaks.

"The response we've been getting from service members for what we are doing is unbelievable," said Steven Gale, a managing partner with Outback from Whitby, Canada. "My brother is on his second tour in Iraq, so that is why I volunteered to come do this. It has been a trip of a lifetime. We have been able to do things we would have never been able to do like land on the deck of an aircraft carrier."

Before the Outback and Carrabbas crew departed, NSA's Commanding Officer, Capt. Gary D. Galloway thanked them for supporting the troops.

"This is a big morale booster for our service members," Capt. Galloway told the crew. "It gives you that feeling that you are back home."



Above: An MWR employee adds a serving of fried Calamari to a Sailor's plate. Right: CT13 Celia Garcia samples a bloomin onion served by the Outback and Carrabbas crew. Bloomin onions were served to everyone who sat at a table.



Outback Steak House and Carrabbas restaurant employees sizzled 3,200 steaks for service members at Naval Support Activity Bahrain.

Left: Sailors add some of the trimmings that accompanied the steaks. These included baked potatoes, fried calamari, pasta and choice of chocolate or cheesecake.

Right: All together Outback Steakhouse and Carrabbas restaurants served more than 10,000 steaks.



## **Navy MWR, Outback Steakhouse Bring Taste of Home to Military Personnel**

By: Robin Hillyer Miles, Marketing and Multimedia Development Branch, CNI Millington Detachment

MILLINGTON, Tenn.- Navy Morale, Welfare and Recreation (MWR), in a commercial sponsorship agreement with Outback Steakhouse and National Air Cargo, completed a two-week mission in September to bring some 14,000 military personnel serving in Southwest Asia a special meal.

National Air Cargo, working with the staff of Commander, U.S. Central Command, provided logistical support for the mission by air transporting the 20 Outback Steakhouse employees and an incredible amount of groceries to Southwest Asia.

Dinners, featuring the Australian theme fare found at Outback Steakhouse, were prepared and served by restaurant volunteers to the crew of more than 5,000 Sailors aboard the aircraft carrier USS Nimitz (CVN 68), troops serving at Camp Lemonier, Djibouti and personnel serving at Naval Support Activity, Bahrain.

"Outback Steakhouse and Carrabbas Italian Grill take great pride in giving back," said Dave Alvarado, communication manager, Outback Steakhouse, Inc. "This is accomplished by preparing restaurant-quality meals and enlisting the volunteer spirit of our employees (Outbackers and Carrabbamicos) to serve these meals to service members stationed overseas."

# # #



# BOYS & GIRLS CLUB *of Gaeta*



# BOYS & GIRLS CLUB of Gaeta



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# BOYS & GIRLS CLUB of Gaeta





# BOYS & GIRLS CLUB of Gaeta



**Ladies and Gentlemen!**  
Sign up for the 4th of July  
**FLEA MARKET**

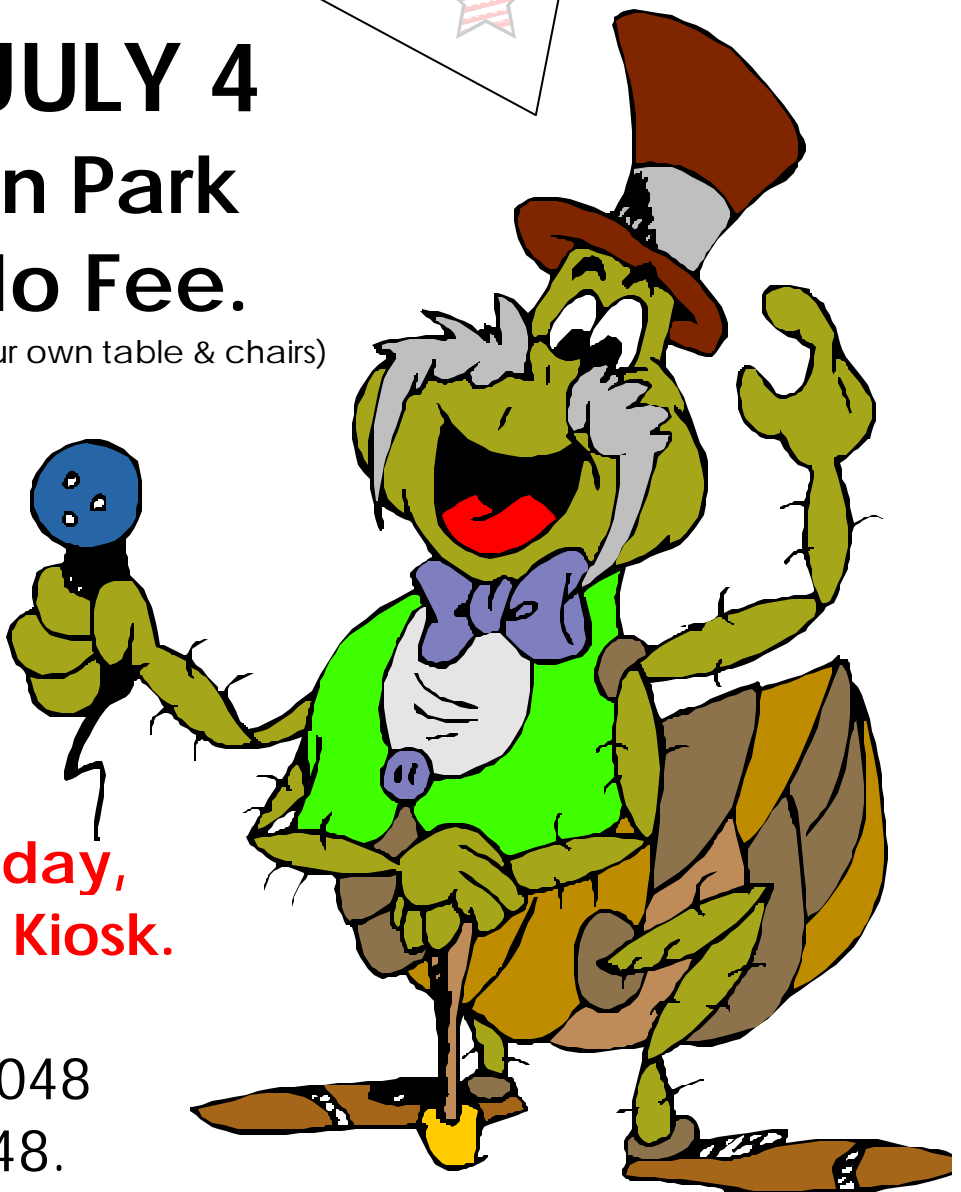
**SUNDAY, JULY 4**  
**Olde Mill Inn Park**  
**3-7 p.m. - No Fee.**

10'x10' space provided (Bring your own table & chairs)



**Sign up by Thursday,  
July 1 at the MWR Kiosk.**

Call DSN 627-7048  
or 0771-709-048.





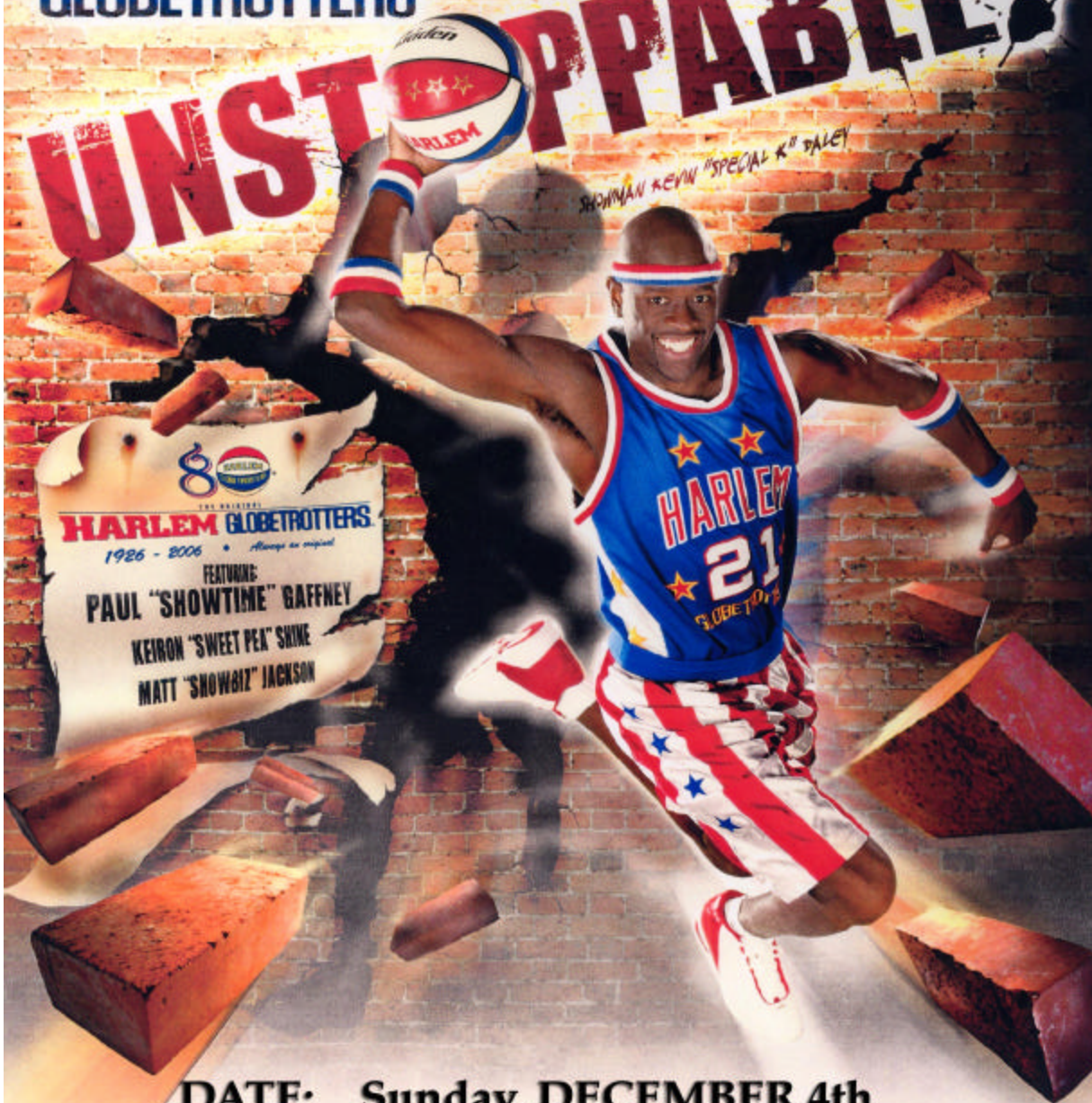
Mannie Jackson Presents  
THE ORIGINAL

# HARLEM GLOBETROTTERS

WWW.HARLEMGLOBETROTTERS.COM

# UNSTOPPABLE!

SHOWMAN KEVIN "SPECIAL K" DALEY



**DATE:** Sunday, DECEMBER 4th

**TIME:** 6 pm show (doors open at 5 pm)

**PLACE:** Naples Support Site Gym

#### For Teens:

- ~9 seats available
- ~Cost: FREE
- ~Includes:  
Ticket & transportation  
~Sign up at Teen Center

For more information:  
MWR Kiosk, 0771-709048

#### For Single Sailors:

- ~18 tickets available for  
Liberty trip to show, then  
stop at TGI F for dinner.
- ~Cost: FREE
- ~Includes:  
Ticket and transportation only
- ~Bring money for dinner
- ~Time: 4pm-midnight
- ~Sign up at FRC or Kiosk

#### Other MWR Patrons:

- ~22 tickets ONLY available
- ~No transportation
- ~Sign up by Nov. 30.
- ~11 winners will be drawn on  
Dec. 1 (at noon). Each winner  
receives 2 tickets.
- Must pick tickets up by 3 pm.
- ~Sign up at Kiosk

WORLD TOUR SPONSOR



A First Data Company



# NSA Gaeta MWR hosts "Ultimate Harry Potter Party"

**NAVAL SUPPORT ACTIVITY Gaeta, Italy** - Nearly 120 Gaeta American and Naples American community children and adults ventured to the Naval Support Activity, Gaeta Olde Mill Inn, on Saturday, October 15<sup>th</sup>, for one of the base's Morale Welfare and Recreation department's largest event.

The "Ultimate Harry Potter Party," a themed event stemming from the latest book release of the popular character from the J. K. Rowling novels, proved to be one of the more extravagant MWR ventures, according to NSA Gaeta MWR Recreation Director John Lenz.

"The event started as an idea to help promote the NSA Gaeta Library by getting people to read," he said. "We used the proven success of J.K. Rowling's books to come up with a community-wide event to help promote reading and education. Monica Courtial [NSA Gaeta MWR Library Assistant] took the idea and applied for a grant request from the Gaeta Spouse Club, then recruited more than 50 volunteers who spent countless hours preparing for this production."

Participants in the event were pre-registered, and upon arrival received a house shirt, Harry Potter glasses, lightning bolt tattoo, and a wand. Children were subsequently divided into "houses," essentially teams, named after the groups of students in the books. Ravenclaw, Hufflepuff, Gryffindor and Slytherin then competed against one another in an effort to win the House Cup, awarded to the team which accumulated the most points throughout the five-hour event.

Children assigned to Ravenclaw were the overall winners and, according to Lenz, also managed to win the event's most anticipated competition - Quidditch, a game resembling lacrosse. In the stories, the match is played while riding flying broomsticks. In keeping with the theme, participants at the Ultimate Harry Potter Party were required to 'ride' a broomstick, keeping it between their legs while trying to score goals. Lenz said this provided children a chance to both exercise and enjoy camaraderie.

"The most well received event was the Quidditch games," he said. "Teams were yelling, screaming and cheering on their players to score goals and basically just having fun."

Participants were involved centered around crafts, where children were required to construct a small book and paint a design on a canvas bag, both of which were used to store 'secret' items. Participants in the event were also required to solve the Marauder's Map, a series of taskings involving the creation of a 'magic potion.' Other events included a Scavenger Hunt and Harry Potter trivia.

Lenz said that while this remains one of the more successful NSA Gaeta MWR activities, the production would not have been complete without the efforts of more than 50 Gaeta American community volunteers.

"The community support for this event was outstanding," he said. "There were so many people who donated their time, efforts and expertise in ensuring this project went well. We at MWR can't thank them enough."





Quidditch Gaeta style



Who will win the house cup?



Professor Dumbledore opened the ceremonies.



A participant receives a lightning bolt tattoo.



Harry Potter was present!



The sorting hat divided the children into houses.

Do you have your costume ready?  
Have your trick or treat bag?  
Come to the CC for this year's

**KIDS  
HALLOWEEN  
PARTY  
OCTOBER 31  
6 - 8 p.m.**



Movies, cosmic bowling,  
music, candy, and games  
are only some of the  
activities planned for the  
spookiest night of the year.



**NO FEE! No pre-registration!**





# SUNDAY, JULY 4

OMI Park, 3-7 p.m. & Old Gaeta, 10 p.m.

# FOURTH OF JULY



**Fun-filled events:** DJ entertainment by Wild Bill, adult and children amusements include a dunk tank, giant slide, water soccer, moonwalker and more. Participate in volleyball and horseshoes games or sign up for the adult/youth games such as the scavenger hunt, obstacle and pie eating contest.

**Food and beverages:** Delicious barbecue items at the food tent, ice cream by Il Molo, and refreshing beverages will be available for purchase.

**Drawings:** Enter to win fabulous prizes including a roundtrip airline ticket to the continental United States and other giveaways, totaling over \$7,000. There are prizes for all age categories.

**Fireworks:** The fireworks show will take place in old Gaeta at 10 p.m.

**Volunteers:** Volunteer for set-up/break-down and get an event t-shirt. Call 0771-709-665.

**Shuttle service:** MWR will run a continuous shuttle from 2:30 – 7:30 p.m. from the lower parking lot at Monte Orlando, Fleet Landing and the Community Center. There will be no parking at the park.

**Flea Market:** Sign up for the Flea Market by calling 0771-709-048 by July 1. There is no fee to reserve a space. You will be provided with a 10'x10' space. Bring your own table/chairs.

Sponsors  
Sponsor would like to  
thank this year's



Sponsorship of this event does not imply endorsement of any company or their products or services other than the US Navy or by any other Department of the Federal Government.



# Jr. Navy Ball

*Theme: Pirates of the Caribbean*

**You are invited to celebrate the Navy's  
Birthday with Games, D.J. Music, Dinner,  
Beverages, Bowling, Photos & Movies:  
Muppet Treasure Island (G) & Pirates of the Caribbean (PG13)!**

**Friday, October 15  
At the Gaeta CC  
6 p.m. - midnight**

*Come dressed  
in your pirate  
costume and  
enter a contest!*

**Activities will be split  
into two groups:  
Grades K-5 & 6-12.**

**ONLY 60 SPACES AVAILABLE.**

**Sign up by Oct. 8 at the MWR Kiosk (0771-709-048).**





Let's celebrate at the Community Center!

# MILITARY FAMILY APPRECIATION MONTH

November 18th, 4-7 p.m.

~Free Bowling

~Family Movies:

4:30 p.m. Madagascar

6:30 p.m. Swiss Family Robinson

8 p.m. Bewitched

~Snack bar Special

~Family Activities, including:

Sand art, Giant Chess,

Face painting, Bingo,

Inflatables and more!



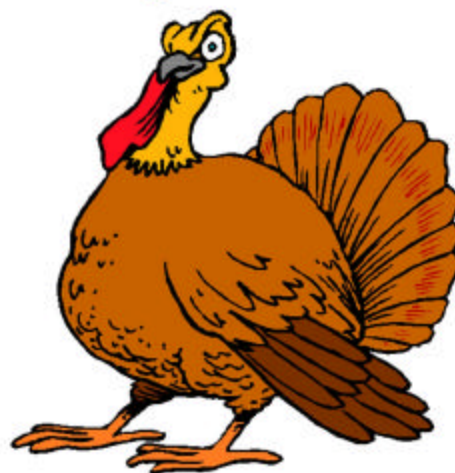
More details at the MWR Kiosk, 0771-709-048.



# **"STUFF" Yourself With Turkey Day Specials at the Gaeta Community Center**

**HAPPY THANKSGIVING from  
your Friends in MWR! Looking  
for some INEXPENSIVE FUN?**

**We have your Turkey Day  
activities ready for you  
at the Community Center.**



**Thursday, November 24 ... 3 - 10 p .m.**



## **MOVIES**

4:30pm Valiant (G) starring Ewan McGregor & Jim Broadbent

6:30pm Wedding Crashers (R) starring Owen Wilson & Vince Vaughn

## **BOWLING**

All games cost \$1 each! FREE Shoe Rental, FREE Pool  
Watch the early game of NFL action on the big screen TV



## **VIDEO GAMES**

Receive \$2.00 to play video games. This is for the first 25  
children in the bowling center (must be 17 yrs and under).

## **SNACK BAR**

~1 FREE medium soda with the purchase of small pizza  
~1 FREE order of French fries with the purchase of a  
cheeseburger



Questions? Call the MWR Kiosk, 0771-709-048 or DSN 627-7048.





You forwarded this message on 11/22/05 8:08 AM. Click here to find all related messages.

From: Brandt, Daniel J US (NAF Atsugi) Sent: Fri 11/18/05 8:31 AM  
 To: MWR Marketing  
 Cc:  
 Subject: MWR This Week: Nov 18-28

# MWR THIS WEEK

NOVEMBER 18, 2005 • NAF ATSUGI • JAPAN



TOURS LIBERTY EVENTS MOVIE SCHEDULE

## This Weekend

### Harry Potter and the Goblet of Fire

Pre-Sell Tickets to the latest release in the Harry Potter series begin Mon, Nov 21 • 10 a.m. at the Corner Pocket. First screening is Fri, Nov 25 • 3 p.m. [Official Movie Site](#)

### Sapporo Snow Festival

The Sapporo Snow Festival is one of the most unique festivals in all of Japan. [More](#)

### The Bird is the Word

Let MWR help you enjoy a Traditional Thanksgiving Meal. [More](#)



### Empty Orchestra (Karaoke)

Loosen your vocal chords and belt out a tune. Learn the ins and outs of Karaoke in Japan. [More](#)

### Gift Certificates

Give the perfect gift this holiday season. [More](#)

### Online Onsen Guide

The definitive guide to enjoying Japan's natural hot spring resorts [Go There](#)

Fri, Nov 18

### Hoops Against Hunger Youth Basketball Clinic

5:30 p.m.

Halsey Gym

264-3826

Sat, Nov 19

### Monster Bench Press

6 p.m.

Ranger Gym

264-3619

Sun, Nov 20

### All Hands Sunday Brunch

Featuring "The Piano Concept"

Brunch: 10:30 a.m.-1:30 p.m.

Performance: 11:30 a.m.

Officers' Club

264-3620

## Thanksgiving Day Buffet @ Officers' Club

Thu, Nov 24 • 11 a.m.-7 p.m.



### Featuring all of your Thanksgiving Favorites:

- Roast Young Tom Turkey with Cranberry Relish
- Baked Honey Ham
- Grilled Beef Tender loin
- Roast Pork loin with Honey Mustard
- Sage Dressing with Turkey Gravy
- Pecan & Pumpkin Pies

Beverage Station: Hot Apple Cider, Eggnog, Champagne, Juices, Coffee and Tea



## WASHINGTON REDSKINS CHEERLEADERS

Thu, Dec 8

Cheerleading Clinic: Ranger Gym • 4 p.m. • All Hands All Ages

# MWR HAPPENINGS



VOLUME 6 ISSUE 1 1

NATIONAL NAVAL MEDICAL CENTER

NAVY MORALE, WELFARE AND RECREATION

NOVEMBER 2005

## Charter Fishing

**Saturday, November 5**—Here fishy, fishy, fishy. Join us for Adventure Bound's fishing charter and come back with a whale of a tale! Here's your chance to fish on the Chesapeake Bay. It's fun and easy too; you catch'em, we'll clean and fillet'em. Disclaimer: There is no guarantee that you will go home with fish. MWR has no control over whether the fish will be biting. Sign up before November 17 @ 4 pm.

**Cost:** \$65 for Adventure Bound patrons or \$55 for Single Sailors (E1-E6 single/unaccompanied)

## Ice Skating Trip

**Saturday, December 10**—Under one roof, you will find an NHL ice rink, two multi-sport fields, a rock climbing wall, and a fitness center. The facility also houses a pro shop, 8 locker rooms, 4 party rooms, concessions, an arcade, bleacher seating and state-of-the-art sound & lighting systems.

Price includes admission, skate rental and lunch.

Sign up before December 7 @ 4 pm.

**Cost:** \$5 Single Sailor / \$10 Adventure Bound



Outdoor Adventures for Active duty,  
Reservists, Retirees, DOD civilians  
and their family members.

**Sign up for trips at the ITT office:**  
MWR InfoCenter, NNMC Main St.  
Call 301-319-8431 or 301-295-0256  
for more trip information.

## Commemorate Veteran's Day Weekend at the United States Holocaust Memorial Museum

On Saturday, November 12, 2005 from 10 a.m. to 5:30 p.m., the United States Holocaust Memorial Museum is offering a special day of programs in honor of active and retired members of the U.S. Armed Forces and their families. The day's events are also open to - and are a thank you to - all civilian members of the Department of Defense and their families - and employees from all government agencies are invited and eligible to attend. For all those who visit, entrance to the Museum and all programs are free.

This is also an opportunity to take advantage of a year-round benefit the Museum offers all Armed Forces and government employees (from all agencies): show your official ID and receive up to 10 passes to the Museum's acclaimed Permanent Exhibition.

The programs planned for November 12 include: self-guided tours of all the Museum's exhibitions, special hands-on workshops for families, an interview with a concentration camp liberator, films documenting the role of the U.S. Armed Forces in the liberation of concentration camps during World War II, and an opportunity to meet Holocaust survivors and liberators, learning about their experiences.

The Museum is located at 100 Raoul Wallenberg Place (15th Street) SW - adjacent to the National Mall. The Smithsonian Metro station (Blue/Orange line) is nearby. For more details, visit the Museum's Website: [www.ushmm.org](http://www.ushmm.org)



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For more  
Liberty or Adventure Bound information  
Please call  
the MWR InfoCenter at 295-0434,  
Carol at 319-8431 or Ken 295-0256.

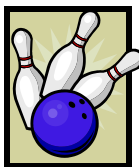
**Texas Hold'em Tourney****Thursday, November 3**

Bldg. 50. Starts at 1700

Free snacks and Soda. Prizes go to 1<sup>st</sup> & 2<sup>nd</sup> Place**Adventure Bound Fishing Charter****Saturday, November 5**

Here fishy, fishy, fishy. Join us for Adventure Bound's fishing charter and come back with a whale of a tale! Here's your chance to fish on the Chesapeake Bay. It's fun and easy too; you catch'em, we'll clean and filet'em. **There is no guarantee that you will go home with fish. MWR has no control over whether the fish will be biting.**

Cost: \$65 for Adventure Bound patrons or \$35 for Single Sailors (E1-E6 single/unaccompanied). Sign up no later than November 2 @ 1600

**Single Sailor Discount Bowling Nights at the Bethesda Naval Bowling Center****Mondays, November 7 & 21**

Cost for single sailors E1-E6 (bring I.D.) and their guest is \$2 per game, per person. Shoe rental is \$1.50 per pair. Discount is available from 1500-2000.

**Dodgeball Game****Tuesday, November 8**

Between Bldg. 11 &amp; 60 (Basketball Court). Starts at 1700

Think you got game? Then bring it on, Liberty is hosting a dodgeball tourney, so show up with a team or we'll match you up with a team. Free snacks and Soda and Pizza after the game! Prizes go to 1<sup>st</sup> & 2<sup>nd</sup> Place

**New York City Overnight Trip****Friday, November 11-13**

Get out of town for the weekend and visit one of the most famous cities in the world, NYC! There are no other planned activities, so it will be up to you to explore the city. Maps and general information about NYC will be provided to you.

Cost: \$50 includes hostel type lodging and transportation. Sorry, no guests permitted.

Sign up no later than November 7 @ 1600

Limited space so sign up early!!

**Texas Hold'em Tourney****Tuesday, November 15**

Bldg. 50. Starts at 1700

Free snacks and Soda. Prizes go to 1<sup>st</sup> & 2<sup>nd</sup> Place**LIBERTY ZONE November Birthday Celebration****Thursday, November 17**

Free Cake and Ice cream starting at 1645



**Liberty is a recreation program for single, unaccompanied enlisted (E1-E6) military personnel.**

**One guest may accompany a sailor per activity for the unsubsidized price, unless otherwise stated in the program description.**



**Day Hike**  
**Saturday, November 19**

Join us for a day hike along part of the C&O Canal that follows the route of the Potomac River for 184.5 miles from Washington, D.C. to Cumberland, MD. Transportation and Lunch will be provided. Cost: Free  
Sign up no later than November 16 @ 1600

**Thanksgiving Day**  
**Thursday, November 24**

Join us for a luncheon and Movie in the Barracks.  
Bldg. 60, 1100



**Potomac Mills Shopping Trip**  
**Saturday, November 26**

With the Holidays coming you'll definitely be able to find the perfect gift at Potomac Mills. It features the best names in manufacturers and retail outlets including Nordstrom RACK and OFF 5th Saks Fifth Avenue and high quality entertainment venues like the AMC18. Cost: \$2 (participants eligible to win a \$20 mall gift certificate) Sign up no later than November 23 @ 1600



## Coming Up Early in December...

**Army – Navy Football Game**  
**December 3**

Head to Philadelphia for the annual gridiron classic with Liberty! It's December in Philly, so dress warm and wear your GO NAVY gear!! Cost: \$25 Single Sailors

**Arundell Mills Shopping Trip**  
**December 4**

Bring your spending money. There are tons of great shops and restaurants. Cost: \$2 Single Sailors

Visit web site: <http://www.arundellmillsmall.com>.

**Adventure Bound: Ice Skating**  
**December 10**

Liberty is headed to the newest rink in the area, the Capital Clubhouse in Waldorf, MD. Bring a little extra money in case you want to buy a snack or a cup of cocoa. Their web site is [www.capitalclubhouse.com](http://www.capitalclubhouse.com). Cost: \$5 Single Sailors, \$10 Adventure Bound

**International Spy Museum**  
**December 17**

Bring extra money for lunch; there are plenty of places to eat in downtown D.C. You may come and go from the Spy Museum as you please, but must meet the group at announced departure time. You may bring one guest for the unsubsidized price (Guest must be 18 years or older). To receive above listed price participants are required to use provided Liberty/ Adventure Bound transportation. Cost: \$6 Single Sailors, \$12 Guests

For more information on the Spy Museum Please visit: <http://www.spymuseum.org>



LIBERTY

4

MWR HAPPENINGS

# Liberty Zone Theater

The 1st movie shown at 4:45 pm is viewer's choice.  
Second movie at 6:30 pm is from the schedule below  
right. Sundays and holidays scheduled movie is at  
2:30 pm.

Located in the  
Liberty Zone  
at the  
Comfort Zone  
Complex  
Bldg. 23

**Free Popcorn  
in the Liberty Zone**



**Movies in the  
barracks lounge  
@ 1800!**

**Free popcorn!  
Choose from a  
variety of  
new movies!**

**11/2 @ CBQ 61  
11/9 @ CBQ 60  
11/16 @ CBQ 61  
11/17 @ CBQ 50  
11/30 @ CBQ 60**

## Liberty Zone Movie Schedule

11/1	War of the Worlds
11/2	Anchor Man
11/3	The Perfect Man
11/4	Unleashed
11/6@1630	Cinderella Man
11/7	Sleepwalkers
11/8	Adventures of Shark Boy and Lava Girl
11/9	Starsky & Hutch
11/10	Bruce Almighty
11/11 @ 1630	Mask of Zorro
11/13@1630	The Sixth Sense
11/14	Dark Water
11/15	How to Lose a Guy in 10 days
11/16	Sisterhood of the Traveling Pants
11/17	Nightmare on Elm Street
11/18	Bewitched
11/20@1630	Armageddon
11/21	Herbie Fully Loaded
11/22	House of Wax
11/23	Fantastic Four
11/24	Closed – Movie in the Barracks
11/25	Kicking and Screaming
11/27@1630	Mask of Zorro
11/28	The Honeymooners
11/29	Monster In Law
11/30	Lords of Dogtown

Liberty Zone- Inside the Gym, Bldg. 23  
24 hr Liberty Infoline Dial 295-4727!  
EMAIL: liberty@mwrbethesda.com  
Monday-Friday 4:30-9:00 pm  
Sunday & Holidays 12:00-6:00 pm

### Main Retail Store Complex

#### Main Store Building 57 301-295-6363

Mon-Sat 0900-2000  
Sunday 1000-1800

#### Barber Shop, Main Store 301-295-6387

Mon-Sat 0830-1900  
Sun 1000-1800

#### Tailor Shop 301-295-6358

Mon-Sat 0900-2000  
Sun 1100-1800

#### Laundry & Dry Cleaning 301-718-8315

Mon-Fri 0830-1900  
Sat 0830-1800

#### Optical Shop (National Vision) 301-951-9060

Mon-Fri 0900-1900  
Sat 0900-1800

#### Bldg 12

Administrative Office 301-295-0871  
Personnel Office 301-295-6339

#### NNMC QuikMart/Citgo 301-295-6129

Mon-Fri 0600-2100  
Sat 0800-2000  
Sun 1000-1800

#### NNMC NEX Package Store 301-295-6382

Building 23  
Mon-Sat 0900-1800  
Sun 1100-1800

#### NNMC McDonald's 301-564-9549

Building 31  
Mon-Fri 0600-2300  
Sat 0600-2330  
Sun 0700-2100

### NEX "Main Street" Complex

#### Main Hospital, Building 2

#### Uniform Center 301-295-1489

Mon-Fri 0800-1900  
Sat 0900-1800  
Sun 1000-1800

#### Tailor Shop 301-295-6358

Mon-Fri 0800-1900  
Sat 0900-1800  
Sun 1000-1800

#### Main Street Café 301-986-4996

Mon-Fri 0630-2100

#### Barber Shop 301-295-6390

Bldg 2 Main St  
Mon-Fri 0730-1600

#### Subway/Dunkin Donuts 301-652-4667

Mon-Fri 0600 - 2000  
Sat 0700 - 1500  
Sun 0700 - 1400

#### Café Marlene, Bldg.9 301-986-5170

Mon-Fri 0600-1400

#### William III Gourmet Coffee 301-295-5387

Bldg.10  
Mon-Fri 0600-1600



**HAPPY  
THANKSGIVING!!**

## **"KEEP IT NEW"**

**Taking Care of the Navy Family  
Extended Service Plan \* Replacement Plan**

The Navy Exchange offers three "Keep It New" plans covering the following categories of merchandise:

1. Electronics, Major Appliances, Lawn & Garden and Sporting Goods
2. Computers Systems
3. Jewelry and Watches

**Protect yourself from the cost and inconvenience of unexpected repairs.**

## **Waterford Crystal**

### *Signing Event*

**December 7, 2005**

**20% Off All In Stock Waterford Crystal**

**BETHESDA NAVY LODGE** 301-654-1795 GREAT RATES!

**Make reservations: 1-800-NAVY INN(628-9466)**

[www.navy-nex.com](http://www.navy-nex.com)

**Hotel Rooms-\$75/ night**

**Conference Room (35 persons)-\$75/ day**

**Washington Navy Lodge (Anacostia) 202-563-6950**





USU Café



Located in USUHS Bldg. 70

Open Monday-Friday

0630-1000

Breakfast

1100-1400

Lunch



## Thanksgiving Dinner Made Easy.

**Let MWR be your personal caterer.**

**Remember to order early!**

Everything is ready to simply be warmed  
in your oven at home.

*Whole Roasted Turkey or Buffet Ham  
(for both add \$25.00)*

*Mashed Potatoes and Sweet Potatoes*

*Green Beans*

*Traditional Stuffing*

*Homemade Gravy*

*Cranberry Sauce*

*Apple Pie*

*Pumpkin Pie*



- Half order (serves approx. 5) \$50.00
- Regular Order (serves approx. 8-10) \$95.00
- Large Order (serves approx. 12-14) \$120.00

**Deadline to order and pay:** Friday, Nov. 18

**Order Pick-up Date:** Before 3 pm on Wednesday, Nov. 23

Call Sammy, Ravi or Bianca to order  
or for more information.

USU Café and Catering 301-493-6554.

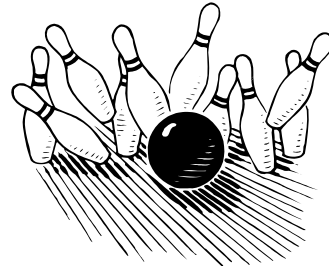


Join us for for  
lunch on  
"International  
Thursdays"!

Nov. 1 4- American (Cajun Chicken)  
 Nov. 8- Hawaiian (Coconut Chicken)  
 Nov. 15- Greek (Beef & Chicken Kabobs)  
 Nov. 22- Mexican  
 Nov. 29- Italian (Spaghetti)

# BETHESDA NAVAL BOWLING CENTER

## Group Rates



Office get-togethers, retirement, birthday parties, or any special occasion....You can reserve all or part of the bowling center for your special event.

We will work with you to fulfill all of your party needs.  
Food, Beverages, Music, Bowling, Shoe Rental, Billiards, Contests, Tournaments...

CALL US to customize your package and reserve your date. 301-295-2034/2060

Group Rate Options:  
Unlimited Bowling Packages  
(includes shoe rental)  
\$9.00 pp for 1.5 hours  
\$11.00 pp for 2 hours  
\$16.00 pp for 3 hours  
\$20.00 pp for 4 hours



\*Add a food package for only \$4.75 per person  
(Food package includes your choice of hamburger, hot dog, chicken nugget, with French fries and a beverage)

## Fall HOURS

Monday – Tuesday	10 AM - 10 PM
Wednesday, Thursday	3 PM - 10 PM
Friday	1 PM - Midnight
Saturday	10 AM - Midnight
Sunday	1 PM - 8 PM

## Birthday Party Package

1 hour or 1-1/2 hours\* of bowling  
Use of rental shoes  
1/2 hour of party time  
Food Choices: hamburger, hot dog, or chicken nuggets with french fries and a beverage.

Only \$11.00/\$12.50\* per person  
Call 301-295-2060/2034  
To reserve your date!

## Fall Leagues Now Forming

## Call 301-295-2034 for more info.



Join a league just for NIH and NNMC personnel!  
\$10/week for 10 weeks

Choose when you bowl: Mondays at 4, 5, or 6 pm

Call 301-295-2034 for more information.

Entertainment  
2006 Books  
\$25 (Reg. \$30)  
Md./D.C. or  
N. Va./D.C.

*MWR InfoCenter, NNMC Main St.*

**MWR Information Source  
Discounted Tickets!**

**Sign up for Liberty and Adventure Bound Trips!**

**Authorized TICKETMASTER Outlet**

TICKET NAME	MWR PRICE	GATE PRICE	YOU SAVE
<b>Movie</b> must run at least 2 weeks before tickets may be used (unless otherwise noted)			
AMC Theaters	5.75	varies	
Loews (Cineplex Odeon/Sony) Theaters	5.75	varies	
Regal Cinemas/ United Artists VIP	6.50	varies	
<b>Amusement Parks</b>			
DISNEY WORLD –other ticket options available by special order			
3-day Base (adult) expires 14 days after date of 1st use	166.50	182.12	15.62
3-day Base (child: ages 3-9) expires 14 days after date of 1st use	133.25	145.91	12.66
3-day w/ Park Hopper (adult) expires 14 days after date of 1st use	200.50	219.39	18.89
3-day w/ Park Hopper (child: ages 3-9) expires 14 days after date of 1st use	167.50	183.18	15.68
4-day Base (adult) expires 14 days after date of 1st use	180.00	197.03	17.03
4-day Base (child: ages 3-9) expires 14 days after date of 1st use	144.00	157.62	13.62
4-day w/ Park Hopper (adult) expires 14 days after date of 1st use	214.00	234.30	20.30
4-day w/ Park Hopper (child: ages 3-9) expires 14 days after date of 1st use	178.00	194.90	16.90
5-day child: ages 3-9 Park Hopper	180.00	213.00	33.00
5-day child: ages 3-9 Park Hopper Plus	205.00	240.70	35.70
Kings Dominion (ages: 3 and over/ child: ages 3-6) Nov. 6 Last Day	24.50	36.99/31.99	12.49/7.49
Sea World, Orlando (adult)	51.00	63.64	12.64
Sea World, Orlando (child: ages 3-9)	41.00	51.12	10.12
Universal Studios, Florida (adult)	49.75	58.31	8.56
Universal Studios, Florida (child: ages 3-9)	40.00	47.88	7.88
Univ. Stud. Islands of Adventure (adult)	49.75	58.31	8.56
Univ. Stud. Islands of Adventure (child: ages 3-9)	40.00	47.88	7.88
Universal Studios, Florida 2-day Escape (adult)	90.75	106.45	15.70
Universal Studios, Florida 2-day Escape (child: ages 3-9)	76.75	94.74	17.99
Universal Studios, Florida 2-day Escape (adult) 3rd Day Free	90.75	106.45	15.70
Universal Studios, Florida 2-day Escape (child: ages 3-9) 3rd Day Free	76.75	94.74	17.99
<b>Local Attractions</b>			
Baltimore & Ohio Railroad Museum (ages 13 & over), child (2-12) at gate: \$8.00	9.00	14.00/10.00	5.00/1.00
Baltimore Aquarium (adult)	16.00	19.50	3.50
Baltimore Aquarium (active duty/ sr. 60+, no dep.)	13.00	19.50/18.50	6.50/5.50
Baltimore Aquarium (child: ages 3-11)	9.00	13.50	4.50

Ticket prices and availability are subject to change without notice. All ticket sales are final.

**Discounted Tickets Available By Special Order at your MWR InfoCenter**

Select Amusement Parks, Special Attractions & Hotels for  
California, Florida, Nevada, Tennessee, Texas, and Virginia

- **TO ORDER:** Order form is filled out at MWR InfoCenter and **full payment is made.**
- Allow 1-3 weeks for special order tickets.
- Patron will be notified by phone to pick up their tickets at the ticket office when they arrive.
- Patrons need to have a photo ID to pick up their tickets. All sales are final.




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TICKET NAME	MWR PRICE	GATE PRICE	YOU SAVE
Colonial Williamsburg Freedom Pass 1-Year (ages 18 and older)	53.50	59.00	5.50
Colonial Williamsburg Freedom Pass 1-Year (child: ages 6-17)	26.50	29.00	2.50
Colonial Williamsburg Military Key 1-Day (ages 18 and older)	25.00	N/A	
Colonial Williamsburg Military Key 1-Day (child: ages 6-17)	14.50	N/A	
International Spy Museum (adult: ages 12-65)	13.50	14.00	.50
International Spy Museum (senior 65+, active & ret. military, dependents)	12.50	13.00	.50
International Spy Museum (child: ages 5-11)	10.50	11.00	.50
Luray Caverns (adult)	14.00	18.00	4.00
Luray Caverns (child: ages 7-13, under 7 FREE with an adult)	6.50	8.00	1.50
Luray Caverns \$4 off coupon for 6 admissions			
Medieval Times Dinner & Tournament (adult)	40.50	51.55	11.05
Medieval Times Dinner & Tournament (child: ages 4-12) 3 & under must sit on lap & share meal	36.50	39.45	2.95
Tourmobile: DC-Arlington Cemetery (adult)	18.50	20.00	1.50
Tourmobile: DC-Arlington Cemetery (child: ages 3-11)	9.50	10.00	.50
<b><u>Skiing (Liberty, Ski Roundtop, Whitetail, Windham)</u></b>			
Weekend/ holiday Lift Only	44.00	48.00-55.00	4.00-11.00
Mid-week Lift Only	31.25	41.00-45.00	9.75-13.75
Night Lift Only	24.75	27.00-32.00	2.25-7.25
Week./ holi. Lift w/ rental (Ski rentals are less than snowboard rentals) NA/Windham	81.50	83.00-94.00	1.50-12.50
Mid-week Lift w/ rental (n/a @ Windham)	68.50	76.00-86.00	7.50-17.50
Night Lift w/ rental (n/a @ Windham)	59.00	64.00-69.00	5.00-10.00
Weekend Learn to Ski /Ride (n/a @ Windham)	65.50	73.00/81.00	7.50-15.50
<b><u>Spirit Cruises</u></b>			
Classic Luncheon (12-2pm) High Season (Apr.-Oct. 2005)	36.00	38.00-42.00	2.00-6.00
Classic Luncheon (12-2pm) Low Season (Jan.-Mar. 2005, Nov. 1-27, 2005)	32.00	33.00-37.00	1.00-5.00
Classic Luncheon (12-2pm) Holiday Season (Nov 28.-Dec. 30, 2005)	39.00	41.00-46.00	2.00-7.00
Classic Dinner Sun.-Thurs. (Weekday) High Season (Apr.-Oct. 2005) (7-10 pm)	53.00	57.00-63.00	4.00-10.00
Classic Dinner Fri.-Sat. (Weekend) High Season (Apr.-Oct. 2005) (7-10 pm)	61.00	65.00-72.00	4.00-9.00
Classic Dinner Sun.-Thurs. (Weekday) Low Season (Nov. 1-26, 2005) & (Jan. 1-Mar. 31, 2005) (7-10 pm)	48.00	50.00-56.00	2.00-8.00
Classic Dinner Fri.-Sat. (Weekend) Low Season (Nov. 1- 26, 2005) & (Jan. 1-Mar. 31, 2005) (7-10 pm)	55.00	58.00-65.00	3.00-10.00
Class. Dinn. Sun.-Thur. (Weekday) Holid. Season (Nov. 27-Dec. 30, 2005) (7-10 p)	66.00	71.00-79.00	5.00-13.00
Class. Dinn. Fri.-Sat. (Weekend) Holid. Season (Nov. 27-Dec. 30, 2005) (7-10 p)	73.00	79.00-88.00	6.00-15.00
Mt. Vernon Excursion (8:30 am or 1:30 pm, 3.5 hours+) Adult/Senior	32.00	31.00-35.00	Up to 3.00
Mt. Vernon Excursion (8:30 am or 1:30 pm, 3.5 hours+) Child: ages 6-11	28.00	29.00	1.00

Ticket prices and availability are subject to change without notice. All ticket sales are final.

**Caesars Pocono Resorts Getaway Club**-Members of the military will receive 50% weekday savings and 10% weekend savings off the full price rates.

Online: [www.cpresorts.com](http://www.cpresorts.com) Call: 1-800-233-4141

Getaway Club Code for NNMC: GA 21836

-some restrictions apply



# Kids Konnection

November 2005

Child Development Center, NNMC Bethesda



## From the Administrator:

This is the time of the year when we give thanks for our families and for all of the good things in life that we are fortunate to have in abundance. We have good food and clean clothing and a warm place to sleep each night. And we have our beautiful children who make each day an adventure. This year, when so much has happened in our country and around the world, we can be especially grateful for our bounty.

Part of that bounty is our new caregivers—eleven of them, who have joined us within the last two months. Please welcome them when you see them. They are: Ms. Gina, Ms. Parris, Ms. Tania, Ms. Stephanie, Ms. Alicia, Ms. Melanie, Ms. Jinelle, Ms. Ana G., Ms. Drema, Ms. Patricia, and Ms. Lauren. They are a wonderful addition to our staff, and will allow us to open more classrooms and bring more children into the center from the waiting list.

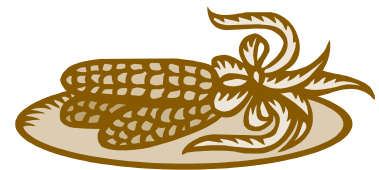
## A Thanksgiving Treat: Corn Custard

Makes 12 servings

- 1 quart low-fat milk
- 1/4 c. water
- 1/2 c. molasses
- 1/2 c. stone-ground cornmeal
- 1 Tablespoon honey
- 1/4 teaspoon each: nutmeg, ginger, and cinnamon
- 1 egg

- Preheat oven to 350°.
- Scald the milk in a saucepan.
- Mix together the water, molasses, and cornmeal.
- Stir this mixture into the milk and bring to a boil.
- Remove from heat; add the honey and spices.
- Cool.
- Beat the egg, and blend it into the cooled cornmeal mixture.
- Pour into a 1 1/2 quart casserole.
- Bake 1 hour.

This can be served warm with fruit preserves and whipped cream to make a rich dessert.



**Parents Please Note:** The area along the front of the building is a fire lane. Parking in this area is not only illegal, but creates a great hazard for our precious children. There are enough legal spaces for parent parking, please use them. Cars parked in the fire lane will be ticketed by NNMC police.





## CDC PHOTO GALLERY



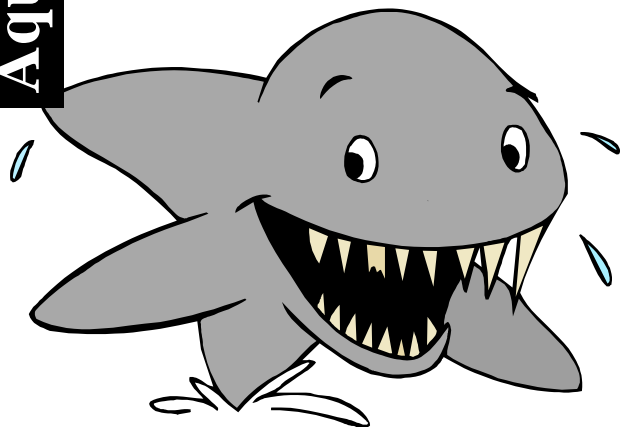
Our toddlers are so very busy. They love to dress like mommy and daddy and make believe that they are going shopping or going to work. We even had one who "arrested" his caregiver, Ms. Shirley.





## Sharks Swim Challenge– Tuesday, November 22

### Swim Challenge 6-8 PM



Do you love to swim? Want a great workout? The coach of the “Sharks” Swim Club, Frank, will have a variety of swim workouts to try. Stop by and meet Frank and the other members of the club. There will be FREE T-shirts for all who swim with the sharks... ....See you in the water if you dare...

### CZC POOL

#### Regularly Scheduled Activities

- Monday-Friday, 11 am-1 pm  
Active Duty Only Swim
- Monday-Friday, 3-6 pm  
Pool Peak Time-crowded
- Tuesday & Thursday-  
6-7 & 7-8 pm  
Sharks Swim Club-  
3 lanes reserved



### Sharks Swim Club

The Sharks Swim Club meets every Tuesday and Thursday at 6 & 7 pm. Any level swimmer can come and get a coached workout or stroke tips, meet great people and HAVE FUN!

An advantage of the Sharks Swim Club is the availability of Masters registration. Masters is a National swim program for adults ages 19 and over. Many competitions, instructional workshops and recreational swims are available to you with a Masters registration.

### Children/ Family Swim Times

Fridays 6-8 pm    3 lanes  
Sundays 2-5 pm    3 lanes

The pool is primarily for lap swim.  
Active duty military have 1<sup>st</sup> priority.  
Patrons who bring their children need to follow the schedule above for family swim.  
Thank you for your cooperation.

Call Bryan, the Fitness/Aquatics Manager if you need more information at 301-295-0031.



## CZC Bench Press Challenge: Wednesday, Nov. 16

MWR Fitness is hosting a bench press challenge on Wednesday, November 16th at 1630 in the free weight room at the Comfort Zone Complex. Male & female weight classes will be posted. The format is a 3 lift format. All lifters will get 3 lifts. All lifts must be equal to or more than the last lift. The best of three lifts will be recorded. Go for your personal best!

T shirts for all participants. Prizes for 1<sup>st</sup> and 2<sup>nd</sup> male & female lifters will be presented.

Registration begins Tuesday, November 1st and ends Tuesday, November 15th.

Register at the CZC front desk or by calling 301-295-2450.

Registration will not be accepted the day of the event.  
SORRY, NO WALK INS.



## Treadmill Hill Challenge: Thursday, Nov. 17

**12-1 PM** in the Cardio Zone, Comfort Zone Complex

**2-mile Hill Climb**  
**10 or 15 Degree Incline**

Register at the Comfort Zone front desk to reserve your spot. Limited space, 7 treadmills. There will be prizes and refreshments for all who take the challenge. See you on the hill!



MWR Fitness Studio

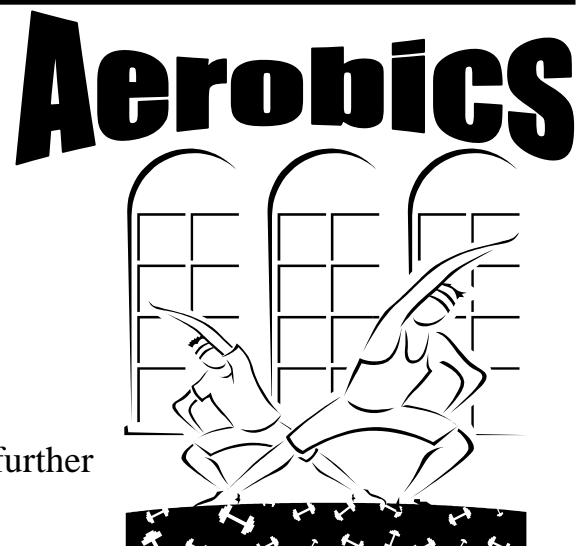
Wellness Center Bldg 12, 2nd floor

### Aerobics Weekly Schedule

<b>Mon</b>	Instructor's Choice	4:30-5:30 pm
<b>Tues</b>	Sculpt	4:30-5:30 pm
<b>Wed</b>	Step Aerobics	4:30-5:30 pm
<b>Thur</b>	Sculpt	4:30-5:30 pm

Tuesday & Thursday lunchtime classes cancelled until further notice due to lack of instructor.

Bring your Military ID card or your Comfort Zone Complex Membership card to each class.  
Call 295-2450 for more information on membership.





## Jiyu No Taki Ryu Jiu Jitsu International Federation

Check us out at: [www.kindairyu.com](http://www.kindairyu.com) or [www.jiynotakiryu.com](http://www.jiynotakiryu.com)

Come check out this exciting new style of self defense!!!!

One of the oldest styles of martial arts from the days of the Samurai now revived since 1995!!!

Quickly becoming known as the most effective "practical Style" of self-defense!!

Not a sport style, real life has no referees!!!

September 10, 2001 home school (Washington D.C.) requested to perform a self-defense seminar to employees of the House of Congress!!!

10th Mountain Division (Light Infantry, U.S. Army) at Fort Drum NY frequently taught tactics from his effective style for the battlefield, as well as real life situations/confrontations!!!

***Come on out and join us!!!***

**Shihan Julio Zarate, Kindai Ryu Jiu Jitsu President**

Key points of instruction:

- "Awareness of your surroundings!

- "Avoidance strategies!

- "Striking Techniques! The Big 4": high pay off "Battle points" (pressure points), what they are and how to use them!

- "Ground Attack!

- "Pistol and Knife Defense": know how to defend against pistol/robbery attempts/treats!



**Jiu-Jitsu** is a Japanese word that means "gentle art," or "art of suppleness." The word represents a single general technique of using the human body as a weapon in armed or unarmed combat. Jiu-jitsu techniques include methods of striking, kicking, kneeling, throwing, choking and in particular, joint locking. The key to the defense is coming in close to the attacker. In today's world, one is rarely attacked by a single individual. Therefore, students of Kindai-Ryu Jiu-jitsu train to defend against four attackers. As such, the Kindai-Ryu style does not emphasize ground fighting, although ground techniques are taught to be used if necessary.

This popular Japanese system also uses traditional Samurai weapons (Samurais were the knights of Japan, also called Bushi warrior.). According to most authorities, Jiu-Jitsu appeared during the 13th century among many other martial arts and was proven in the battlefield, not in a competition. For centuries, this method of unarmed self defense proved so successful in combat that was kept secret and taught by a select few. One of the most notable schools was Kindai-Ryu. **Judo** and **Aikido** were later formed from Jiu-jitsu. Karate, however, is more popular today because jiu-jitsu has no competitive tournaments and is more lethal than karate.

*Kindai-Ryu Jiu-jitsu* was founded in the USA by the **Late Grand Sensei, Mr. Charles Neal** in Portsmouth, VA. Shihan Julio Zarate has been teaching private classes and group classes for over 15 years in Mexico City, Portsmouth Virginia, San Diego, California, San Antonio, Texas, and Bethesda, Maryland. After 30 years of study, practice, patience, deceptions, groin pains, a few fights and surgeries, Shihan Julio Zarate decided to open his own Jiu-Jitsu school. The style is Jiyu No Taki Ryu Jiu-Jitsu, "Freedom's Water Fall".

The United States Martial Artist Association inducted Shihan Julio Zarate to the Hall of fame on July 31, 1999.

Shihan Julio Zarate presides over the following schools and systems:

- Kindai-Ryu Jiu-Jitsu
- Taki Ryu Jiu-Jitsu for women
- Hernandez Ryu Jiu-Jitsu - select techniques from Hernandez Jiu-Jitsu System

Shotokan Karate -The Silver Dragon Karate School for kids contains a mix of Kindai-Ryu Karate and Shotokan

Jiyu No Taki Ryu Jiu Jitsu Dojo also teaches: Iai-jutsu, Iaido, Kobujutsu, Kindaryu and Shotokan Karate. **Iai-jutsu** is the classic method of Japanese swordsmanship. It seeks to perfect the initial movement of the sword to strike the enemy instantly, preferably in a single action. **Iaido** is an elite Japanese Martial Art which developed from training in Iai-jutsu sword combat. This style seeks to develop an inner and outer calm to intimidate the opponent. Today, Iaido is the modern art of drawing the samurai sword from its scabbard. **Kobujitsu** is known as the "art of weapons" using traditional weaponry from Okinawa Karate. The *hanbo* or "walking stick" is 2 feet, 11 3/4 inches. It was used by the Ronin and Samauri classes in replacement of the sword. Hanbo techniques are designed to counter armed or unarmed attacks.





## Classes at the MWR Fitness Studio Wellness Center, Bldg 12, 2nd floor

### Mondays

6-8 pm	Karate for Kids 6-14 yrs
7-9 pm	Adult Jiu-Jitsu (all levels)
8-9 pm	15 yrs-Adult

### Wednesdays

6-8 pm	Karate for Kids 6-14 yrs
6-7 pm	Beginners-Junior Belts
7-8 pm	Advanced-Senior Belts

### Fridays

7-9 pm	Adult Jiu-Jitsu (all levels)
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### Saturdays

10 am-12 pm	Karate for Kids 6-14 yrs
10 am-11 am	Beginners-Junior Belts
11 am-12 pm	Advanced-Senior Belts
1 pm-3 pm	Adult Jiu-Jitsu

Call the CZC 295-2450 for more info.

Fees may be paid at the Comfort Zone Complex front desk prior to starting classes for the month.

Fees cover all classes taught within each category.

<b>Monthly Costs:</b>	<b>Adult Jiu-Jitsu</b>	<b>\$55</b>
	<b>Karate for Kids</b>	<b>\$35</b>
	<b>Women's Self Defense</b>	<b>\$35</b>

*Your child will learn* simple kicks and punches, as well as the most refined fighting arts. We welcome parents to join in the practice. Here we study **Jiyu No Taki Ryu** (Freedom' Water Fall) Karate and **Shotokan** Karate. Karate training will improve your health physically and mentally. The training is based on rigid discipline, constant effort, and dedication. Through the art of karate, students improve self-control and self-esteem while developing coordination and concentration. You will be rewarded by advance to the next higher belt after you demonstrate and are tested in the techniques for your particular belt. You will be able to do forms (Katas) as well fighting (Kumite).

*What is Karate?* **Karate** means "empty hand" or "China hand." It is an unarmed method of combat in which all parts of the anatomy are used to punch, strike, kick, or block. As is true for most of the martial arts, it must be emphasized that Karate is not a system of self-defense. Karate provides an outlet for two basic human needs often ignored or suppressed in American society: the need to express emotion and the need to live without fear. Beginning in childhood, children are taught to suppress their emotions and feelings, sometimes causing psychological conflicts. Through Karate however, kids can discover a healthy outlet for aggression while learning to control emotions.

*Karate was directly influenced* by earlier Chinese Martial arts. An educationalist, Gichin Funakoshi, from Okinawa (an island Southwest of Japan) introduced Karate to the Japanese. He was invited to give a demonstration in Tokyo in 1922. Within two years, Karate was part of the university curriculum. Like Judo, Karate has undergone a dramatic change in approach. In its Okinawan form, there were no competitions; in the early days in Japan there was an absence of sporting element. In the West it was swept into the success surrounding Kung Fu star Bruce Lee with his movie hit in 1971 "Enter the Dragon." Today there are many Martial Arts movie stars with just as many different disciplines, Steven Segal (Jiu-Jitsu/Aikido) and Chuck Norris (karate). Three movies that capture the greatest variety of martial arts styles are Mortal Kombat, Enter the Dragon, and Blood Sport. The numbers of Karate styles remain slightly below one hundred.

*The study of Katas* (forms) can be absorbing. Part of the discipline of a Kata performance is to return spot where you began, while executing perfect stands, blocks, kicks and punches. Kata maybe based on the movements of birds, animals or simply the graceful combination of the most basic Karate movements. Kata is designed for the imaginary fighting of several opponents. The eventual perfection of the Katas leads not only to mastery of the basic forms of Katas, but also to physical and spiritual sensitivity and complete control of all parts of the body. You may also learn to do forms or katas with weapons. [\*\*\*NOTE: Weapons training is only available at the discretion of the instructor *and* with parent's consent.\*\*\*]

## Comfort Zone Complex Towel Check-Out Cards

These cards provide towels for patrons who want to utilize the towel service.

Simply exchange your towel card at the front desk for a clean towel, return towel to front desk after workout, and your card is returned to you.

### 2006 TOWEL CARDS NOW AVAILABLE!

The cards are \$5.00 and are good for the calendar year 2006. It is \$5.00 to replace the card if it is lost or destroyed.

Call the CZC front desk for more information at 301-295-2450.



## CZC Membership

**ALL patrons MUST present VALID ID every single visit to the CZC. Please have it ready when you come in the door, just as you do at the front gate.**

**Comfort Zone Complex members include all active duty military and their immediate family members, retired military, and reservist.**

NNMC DOD Civilians, NIH & Non-DOD Federal Employees are eligible for membership at the following rates:

	<u>Daily</u>	<u>6 mos.</u>	<u>Annual</u>
NNMC DOD Civilians	\$3	\$50	\$75
Non-DOD/NIH Federal Employees	\$5	\$75	\$150

**Please note: Contractors and family members of DOD, NIH & Non-DOD employees are NOT able to obtain a membership to use the facilities.**

## Holiday Hours: 24 November

Comfort Zone Complex 9 am-6 pm  
Pool 11 am-5 pm

## Happy Thanksgiving!

## Fitness Workshops

**FREE** workshops!! A trainer will teach you tips to improve your workout.

**Wednesday, November 16 &**

**Wednesday, November 23**

at 11 AM in the Comfort Zone Complex

### Topics:

“Safety in the Fitness Center”

“How to Plan For Winter Fitness”

Sign up at the front desk on your next visit. Meet us in the strength room of the Comfort Zone Complex. Get some great tips. Call 301-295-2450 for more information.

## Fitness Orientations

### ATTENTION CZC PATRONS:

#### Take advantage of a **FREE** Fitness Orientation!

If you use the weight training equipment then this orientation is for you. From beginner to advance, everyone can learn a better technique and keep safety as a high priority in their workout. The orientation is an introduction to the equipment, how to properly use it, and how to put it in a training program. According to the national average, 85% of people in fitness centers use the equipment improperly.

Sign up in advance at the CZC front desk or by calling 301-2295-2450.

Fitness Orientations are available:

Monday – Thursday 10-10:45 am, 3-3:45 pm & 4-4:45 pm

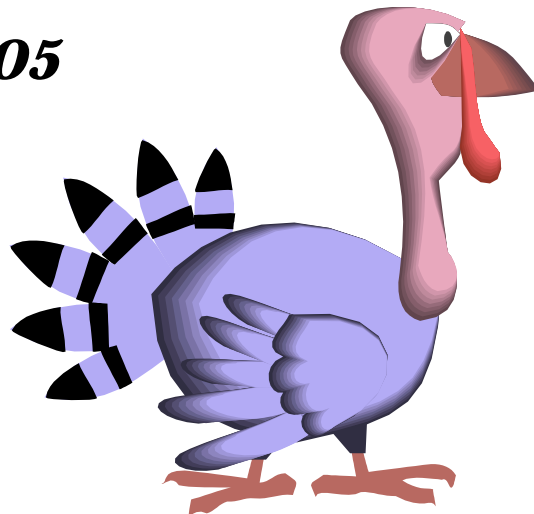
## **Turkey Trot 5K Fun Run/Walk**

***Date: November 17, 2005***

***Time: 1200 Noon***

***Place: Gymnasium***

***Prizes: T-shirt***



***Contact: Wendy Tompkins 295-2450 or  
wtompkins@mwrbethesda.com***

***Need a place for your next event?***

MWR Community Room-Bldg. 11, Main Level

**Eligible patrons**-Active Duty, Retirees,  
DOD Civilians, and DOD Contract personnel  
**Room Rental Fee**-\$200.00

Reservation is made when payment is received.  
Cash, Check, and Credit Card are accepted for room rental.



*Parties, Wedding Receptions,  
Bar Mitzvahs, Family Gatherings, Showers,  
Retirements, Birthdays...*

For more information and room reservations  
please contact:

**Chita Cajigal** at 301-295-3577  
clcajigal@bethesda.med.navy.mil

- Approximate 75 Person Capacity
- Tables and Chairs Provided with Room Rental
- Colored Linens with Room Rental
- Ice and Refrigeration Available
- Projection Screen Available for Use
- Restrooms

Community Room



## The Best Gift of All: Random Act of Kindness

*In light of all the natural disasters and stories of human suffering, below is a re-printed article about random acts of kindness. May this season of giving bring you happiness, joy, and good health.*

*-The Health Promotion/PFA Department*

As we transcend through this time of giving, most people will agree, performing random acts of kindness generally makes you feel good. But are there other advantages to extending random acts of kindness and altruistic gestures?

Perhaps. Doing something for someone else, without expecting anything in return, can be good for your health.

A number of scientific studies suggest numerous health benefits associated with extending ourselves beyond our personal realm to assist others. One of the most compelling cases is outlined in the book *The Healing Power of Doing Good* by Allan Luks. Luks studied more than 3,000 volunteers and saw a clear cause and effect relationship between helping and good health. Volunteers in Luks study reported feeling a rush of euphoria, followed by a period of calmness, also known as the "helper's high", probably a result of the body's natural release of endorphins. Another study conducted in Techumseh, Michigan examined the health and social activities of 2,700 men. The study found that those who did regular volunteer work had death rates two and one-half times lower than those who didn't.

Altruistic acts also connect us with friends, neighbors and social structures. These connections have been found to be essential to our civic and personal health. In his book, *Bowling Alone: The Collapse and Revival of American Communities*, Robert D. Putnam states "volunteering, along with other things, is the happiness equivalent of getting a college degree or more than doubling your income." Putnam also cites sociologist James House, who has concluded that the positive contributions to health made by social integration and social support rival in strength the detrimental contributions of well-established biomedical risk factors like cigarette smoking, obesity, elevated blood pressure, and physical inactivity.

Many other studies and scholars agree that helping others can enhance our feelings of joyfulness, emotional resilience, and vigor, and reduce the unhealthy sense of isolation. It can also increase our sense of self-worth, increase happiness, and optimism, and decrease feelings of helplessness and depression.

An old saying says, "If you light a light for someone else, it will brighten up your path." Perhaps we should add, "it will also improve your health"...

## Nutrition & Weight Management

### Healthy Heart Nutrition

Learn how to make changes in your diet to reduce your risk of heart disease. Appropriate for those with elevated cholesterol or triglycerides, hypertension or heart disease.

NOV 14 1300-1500

NOV 28 1300-1500

DEC 05 1300-1500

DEC 29 1300-1500

Call 301.295.5360 to register.

### Ship Shape Program (active duty only)

A six-week weight management program that assists individuals in developing an effective lifetime weight control strategy. Includes education on choosing a healthy diet, meal planning, reading food labels, exercise, eating out and managing stress. Lecture/discussion format. This class is mandatory for all NNMC BCA failures. Class does not include PT. Civilian attire acceptable. Call 301.295.6649 to register.

JAN 11-FEB 15 WEDNESDAYS 1200-1330

### The Healthy Weigh (open to all beneficiaries and NNMC civilian employees and contractors)

A six-week weight management program that assists individuals in developing an effective lifetime weight control strategy. Includes education on choosing a healthy diet, meal planning, reading food labels, exercise, eating out and managing stress. Lecture/discussion format. Call 301.295.6649 to register.

JAN 12-FEB 16 THURSDAYS 1200-1300

## Tobacco Cessation

### "Kicking the Habit"

An information-packed three hour session that will prepare you to quit. Call 301.295.2159 to register for one of the following classes:



NOV 01 1200-1500

NOV 22 1200-1500

DEC 06 1200-1500

## Fitness and Exercise

### NNMC Indoor Walking Path

In the basements of buildings 9 and 10, available for daily use 0600-1800, seven days per week.



### Walking Group

Enjoy a brisk 30 minute walk Mondays, Wednesdays and Fridays at 1100. Meet in front of Building 10 at the flagpole. In inclement weather, we will use the indoor walking path. Call 301.295.6649 to register.

### Stress and Anger Management Program

#### Stress Management 101

This two-hour class offers discussion on stress and how it affects your everyday life. Learn practical techniques for managing stress by minimizing stress-producing situations, simplifying your life and building up resiliency. Gain hands-on experience with relaxation techniques. Call (301) 295-2159 to register for one of the following classes:

NOV 08	1300-1500
DEC 13	1300-1500

#### Dealing with Anger

This class will explore the definition and origins of anger. Participants will be challenged to choose an emotion, other than anger, and develop an action plan geared toward effective problem solving and conflict resolution. Call (301) 295-2159 to register for one of the following classes:

NOV 15	1300-1500
DEC 20	1300-1500

#### Seated Massage

Enjoy a relaxing massage of the neck and back while seated in a special chair.

Offered by MWR at the Comfort Zone.  
By appointment only. Call 202.276.7159.



Prices effective May 2004: \$10.00 per 10 minutes. Call for monthly specials!

### Women's Health

#### Hormones and Your Health

Women over forty-the real scoop on your changing body-hot flashes, emotional ups and downs, osteoporosis, hormone replacement.

**Contraception Class**-Open only to military beneficiaries  
General information to make an informed choice on contraception methods. Call 301.295.6673 for a schedule of the above classes.



#### Breast Care Risk Assessment Class

Learn about your personal risk for developing breast cancer and what you can do to decrease it. Offered by the Breast Care Center. Call 301.295.3899 for class times and days.

### Blood Pressure Management

#### Managing Your Numbers

Control High Blood Pressure Before It Controls You! Learn effective ways to lower your blood pressure through medication, proper diet, exercise and stress management. Call 301.295.2159 to register for one of the following classes:

NOV 23	1300-1500
DEC 21	1300-1500

### Interesting Stuff...

#### Fitness-In-A-Bag Program

Are you active duty going on a short TAD? Before departing, call the Health Promotion Department to reserve a Fitness-In-A-Bag kit. The kit includes a heart rate monitor, a pedometer, exercise videos, a jump rope and a portable strength training kit. For loan only. Call 301.295.2159 to reserve a kit today!

#### Health Promotion On-Site

Interested in having a program at your DoD worksite? The staff at the Health Promotion Department is available to assist! Please call 301.319.4660 for more details.

#### Health Promotion Resource Library

The Health Promotion Department has a variety of books, videos and pamphlets on health related topics.



Presented by:  
Health Promotion  
PFA Department  
National Naval Medical Center

**301-295-5502**

***www.bethesda.med.navy.mil***



## MWR Administrative Offices Bldg. 11

### Quality of Life Director

Bob Killion 301-295-0935  
rskillion@bethesda.med.navy.mil

### Administrative Officer

Jane Bonheim 301-295-0956  
jlbbonheim@bethesda.med.navy.mil

### Management Assistant

Chita Cajigal 301-295-3577  
clcajigal@bethesda.med.navy.mil

### Unit Fund Allocations 301-295-1238

### Marketing/ITT/Newsletter

Jenny Charlson 301-295-1046  
jlcharlson@bethesda.med.navy.mil

## MWR JOB OPPORTUNITY HEADQUARTERS!

Bldg. 11 Room 14 -MWR HRO

### Human Resources Manager

Ernie Miguel 301-295-0936  
ejmiguel@bethesda.med.navy.mil

### Human Resources Asst. Manager

Lorrie Branch 301-295-0939  
labranch@bethesda.med.navy.mil

## Child Development Center Bldg. 26

**PH. 301-295-0167/ 0014**

Mon-Fri 6:00 am-6:00 pm  
Jamila Aziz, CDPA  
jamila@mwrbethesda.com

JOB OPPORTUNITIES HERE!

## MWR InfoCenter/ITT Bldg. 2

**PH. 301-295-0434**

**Discounted tickets & TicketMaster,  
Brochures, MWR Information**

Julie Orellana, Ticket Seller

Mon-Fri 8:00 am-4:00 pm  
*Closed for lunch 1:30 pm-2:00 pm*

**Richard Moy, Mgr** 301-295-5432  
rnmoy@bethesda.med.navy.mil

## Bowling Center

### Bldg. 56

**PH. 301-295-2034/2060**

Mon – Tuesday 10 AM - 10 PM  
Wednesday, Thursday 3PM - 10 PM  
Friday 1 PM - Midnight  
Saturday 10 AM - Midnight  
Sunday 1 PM - 8 PM

**Noel Dysart, Mgr**

admiral@mwrbethesda.com

JOB OPPORTUNITIES HERE!

## USU Café & Catering

### Bldg. 72

**PH. 301-493-6554**

**OPEN Monday-Friday**

6:30 am-10:00 am **Breakfast**

11:00 am-2:00 pm **Lunch**

Full Service Catering Services

**Selcuk Polat, Manager**

cafeteria@usuhs.mil

## Comfort Zone Complex Bldg. 23

Gym, Fitness Center, Pool

**PH. 301-295-2450, front desk  
301-295-0031, admin.**

Mon-Fri 5:00 am-9:00 pm  
Sat- Sun 9:00 am-6:00 pm

### Pool Hours

*Active Duty only, M-F 11:00 am-1:00 pm*

Mon-Fri 5:00 am-8:00 pm  
Sat-Sun 11:00 am-5:00 pm  
Family Swim Friday 6-8 pm  
Sunday 1-5 pm

**Recreation Director** Paul Jones

pauljones@mwrbethesda.com

**Athletics Director** Wendy Tompkins

wtompkins@mwrbethesda.com

**Aqua./Fitness Mgr** Bryan Jackson

bryanjackson@mwrbethesda.com

JOB OPPORTUNITIES HERE!

## Liberty Zone Bldg. 23

**PH. 301-295-4727**

Movie Theater, Popcorn, Snacks, Internet,  
Computers, TVs, & more!

Open Mon-Fri 4:30-9:00 pm

Sun & Holidays 12-6:00 pm

**Liberty Program** Activities & trips for  
single, unaccompanied military E1-E6

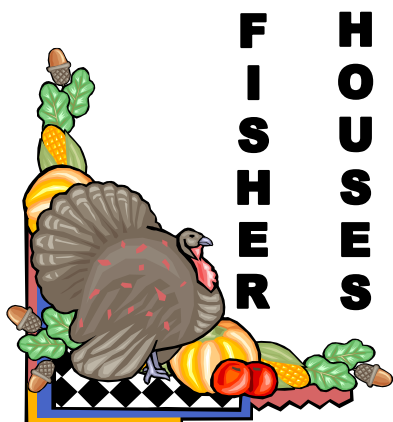
Carol Morris, Mgr 301-319-8431

cliberty@mwrbethesda.com

Ken Weinaug, Asst. Mgr 301-295-0256

kweinaug@mwrbethesda.com

JOB OPPORTUNITIES HERE!



## Happy Thanksgiving from the NNMC Fisher Houses CFC #7642

The NNMC Fisher Houses are mansion-styled "comfort homes," built on the grounds of the National Naval Medical Center. We provide a low-cost housing alternative, enabling military family members to be close to their hospitalized loved ones.

Do you have a loved one in the hospital? Do you need a place to stay?  
Contact (301) 295-5334 for more information



# Operation North Pole

« Letters from Santa »



No matter what your age, Santa always will hold a special place in his heart for you. And whether young or old at heart, everyone enjoys his or her very own letter from Ol' St. Nick. ☞ Just imagine ... your child arrives home after a long day at school and peaks inside the mailbox. Low and behold, but what shall appear? A personalized letter from Santa, my dear! ☞ Each letter—which is a one-of-a-kind personalized with details only Santa would know—is printed on colorful, holiday stationery. ☞ Santa's little elves are waiting at the Youth Activities Center, so call them at 871-2251 for more details.

## MWR Bee Tracks

December 2005

**Fitness — Recreation — Food Services — Youth and Child Care — NCBC Gulfport**

*A Christmas to remember ...*



### « 11th annual » Tree Lighting Ceremony

15 December

1600-1900

NEX Plaza

Entertainment  
Door prizes for adults  
Plus Santa will have  
a present for every child

Call 871-2538 for details.

### 12 Days of Christmas Fitness Challenge

5-16 December  
CBC Fitness Center



☞ Participants have 12 days to complete 12 challenges, which can be done in any order. More than one challenge can be done in a day. The participation fee will be \$5, and a T-shirt will be awarded to all participants that complete the challenge. Sign up today!





Fitness Center

**Golf Special** ⇒ **Every Thursday, 1200 to dark** Military play for \$6 at Pine Bayou Golf Course.

**Youth Orientation** ⇒ **3 December and 7 January, 0930** This 30-minute program is for all youth 10 to 15 years old wanting to visit the fitness center. Topics include safe, effective exercise routines, selectorized-machine and cardio-equipment usage, and general gym rules. A parent also will need to attend.

**12 Days of Fitness Christmas Challenge** ⇒ See Page 1 for details

**Captain's Cup 5K** ⇒ **16 December, 0630**

Rosters are due by 15 December, and runners should check in by 0615 race day to receive points for their command. The top three male and female runners will earn additional points for their command—100 for first place, 75 for second place and 50 for third place. Although no T-shirts will be awarded, there will be water, juice, bananas and granola bars at the finish line. *Sponsored by The Home Depot.*

The **top male runners** at the After the Storm 5K were: Scott Anderson, 20th SRG, 19:08; Brian Holschbach, Army, 19:46; Paul McCord, NMCB 133, 19:58; George Eichert, CO, 20:04; and Theodore Granville, NMCB 7, 20:20. ⇒ The **top female runners** were: Helen Daniel, 20th SRG, 25:15; Sabrina Stallings, R-75, 28:21; Rosemary Hurtado-Sanchez, 20th SRG, 28:30; Annette Thorpe, CBC, 29:12; and Naomi Black, NMCB 7, 30:31.

**Holiday Hours** ⇒ 19-23 December, 0800-1800; 24 December, 0900-1400; 25 December, closed; 26-30 December, 0800-1800; 31 December, 0900-1400; 1 January, closed. Regular hours start 2 January.

**Start a Resolution** ⇒ Kick off 2006 with the fitness center's new aerobics schedule featuring new instructors. For more details or to suggest



class formats, contact Joan Hudson at 871-2353 or [joan.hudson@navy.mil](mailto:joan.hudson@navy.mil).

Morphin Bee

**Contest** ⇒ **starts 9 January** Create a "New You for the New Year" with this 12-week program. A fitness member will do a seven-site body composition/tape measurement/weight assessment, which

includes advice on cardiovascular and strength training, flexibility, and nutrition. Participants will receive a log to track progress, and a staff member will meet with each person every four weeks to update and reassess progress. The fee is \$25, and the overall female and male winners will

receive a \$100 gift certificate; the second-place winners will receive a \$50 certificate. Sign up through 8 January.

**Intramural Basketball and Over 30 Lunch League** ⇒ **starts 11 January** IM games will Monday and Wednesday at 1700, 1750 and 1850. Lunch games will be Monday and Wednesday at 1130. Sign up through 4 January. A coach's meeting is set for 9 January at 1200.

**Lunch Volleyball** ⇒ **starts 17 January** Sign up a six-person team through 10 January. Games will be Tuesdays and Thursdays at 1130. The coach's meeting is set for 12 January at 1200.

**Frost Bite 5K** ⇒ **18 January, 0630** Bring your long johns; CBC Fitness will supply the hot chocolate.

**Black History Single Elimination Basketball Tournament** ⇒ **starts 20 January** Sign up through 13 January. A coach's meeting is set for 17 January at 1200.

**Intramural Softball** ⇒ **March/April** Sign up through 13 March. A coach's meeting is set for 17 March at 1200.

*For more details, call 871-2668; CBC Fitness Center is located in Building 361.*

Single Sailor Program

Comics on Duty

**Tour** ⇒ 2 December, 1900, Free, Smith Memorial Theater

**Saints vs. Buccaneers** ⇒ 4 December, 0800, \$15

**USM vs. ALA College Basketball** ⇒ 10 December, 1200, \$10, Hattiesburg <includes lunch>

**Dinner and a Movie** ⇒ 16 December, 1800, \$10

**Saints vs. Panthers** ⇒ 18 December, 0800, \$15

**Sicily's Pizza** ⇒ 4



January, 1800, \$5

**Pool Tournament** ⇒ Thursdays in January, 1800, Free

**Dinner and a Movie** ⇒ 6 January, 1800, \$10

**Horseback Riding** ⇒ 7 January, 0900, \$40

**Blues Be Gone** ⇒ Tuesdays in January, 1100, Free <Chase away those winter blues with games and activities in the recreation center.>

See timeline below for holiday events!

**Bowling** ⇒ 11 January, 1800, \$2, Park 10 Lanes

**Orlando Trip** ⇒ 13-16 January, \$225 AD, \$250 all others <includes transportation, two parks, a three-night/double-occupancy hotel stay and a theme-park day>

**Yuki's Japanese Food** ⇒ 18 January, 1800, \$15

**Indoor Polar Bear Dip** ⇒ 25 January, 1100, Free

**Dinner and a Movie** ⇒ 27 January, 1800, Free

**Museum of Naval Aviation** ⇒ 28 January, 0900, \$12, Pensacola <includes IMAX and lunch>

For more details, call 871-3153.

PLANET BINGO

Electronic



NOW @ Beehive Lounge

Building 352 <MWR hdqtrs>

Winners determined immediately!

Open to all authorized customers 21 and older.

Player Amounts	Maximum Payout
5 cents	\$400
10 cents	\$800
25 cents	\$2,000
50 cents	\$4,000



Must ask for 777 Deal when ordering... Must purchase at least 3 Pizzas! Delivery charge may apply.

Call Your Local Domino's NOW! 4302 West Beach Blvd. 868-3600

3 OR MORE Large 1-Topping Pizzas for \$7 each

DECEMBER

Holiday Calendar

**Christmas Card Crafts, Free** Bellingrath Christmas in Lights, 1200, \$20, {+ a flea market trip}

**Shop 'Til You Drop Mall Run + Dinner, 1700, \$5 {Prime Outlet}**

**Shop 'Til You Drop Mall Run + Dinner, 1700, \$5**

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri

**Get Caught Catching the Spirit** {If you're smiling, shopping, singing or wearing red, you may get a gift!}

**Christmas Trivia, Free** {Answer correctly and win a present; starts at 1100.}

**12 Days of Fitness Christmas Challenge**

**Christmas Arts and Crafts, Free**

**Christmas Bingo, 1800, Free**



# BGCA youth give school supplies to Katrina victims

Members of the Boys & Girls Club of Gulfport Navy Youth Center donated 50 book bags filled with school supplies and clothing to those who lost possessions during Hurricane Katrina.

The items, which were made possible through in-kind donations and grant monies, were given away the first week of October to military families visiting the Navy Exchange plaza.



“Developing good character and instilling a sense of civic responsibility in children are at the heart of the Boys & Girls club experience,” said youth director Kimberly Reid. “As they contributed to disaster relief efforts, club youth learned firsthand that they ambassadors of good character not only in their club but also among their friends and families and in their communities.”

Since 2000, the Boys & Girls Club at NCBC Gulfport has provided daily programs and services to more than 650 young people annually. The club currently is open Monday through Friday and offers programs designed to emphasize character and leadership development, education and career enhancement, health and life skills, the arts, and sports, fitness and recreation. Call 871-2251 for more information or to join.

# Two receive Presidential Freedom scholarships

Alec Banks III and Shawnte Gay have been awarded \$1,000 Presidential Freedom scholarships from the Corporation for National and Community Service and Boys & Girls Clubs of America in acknowledgement of their commitment to public service. Alec is the son of Alec and Helen Banks, and Shawnte is the granddaughter of Dan and Wilma Gay.

More than 31,000 scholarships have been awarded to high school juniors and seniors across the nation since the program’s inception.

The Corporation for National and Community Service, which oversees the Presidential Freedom scholarship, provides recipients with a \$500 scholarship. This award is matched with another scholarship of \$500 or more from a local Boys & Girls club.

“The Presidential Freedom Scholarships are designed to help communities recognize the outstanding service-related achievements of their young people, while encouraging others to get involved in service and volunteering,” said David Eisner, CEO of the Corporation for National and Community Service.

“Community service is an integral part of what it means to be an American citizen, and the Presidential Freedom scholarship program is an excellent way to recognize young adults who are exercising their duty with distinction,” Eisner added. “We’re proud to be able to offer these scholarships, which build community partnerships and make it easier for thousands to attend college.”

The Corporation for National and Community Service provides opportunities for Americans of all ages and backgrounds to serve their communities and country through three programs: Senior Corps, AmeriCorps, and Learn and Serve America. Together with the USA Freedom Corps, the corporation’s mission is to build a culture of citizenship, service and responsibility in America.

# NCBC to help launch pilot youth program

The Boys & Girls Club of the Gulfport Navy Youth Center has been chosen to receive a \$10,000 grant from BGCA to launch Achievement Matters!, a pilot program designed to inspire club members to excel both in academics and in character and leadership development.



See timeline below for holiday youth events!

Youth will be able to earn rewards throughout the year. At the end of the school year, the youth center will hold a ceremony recognizing top achievers with one of three awards:

⇒ The Mountain Climber award, which is given to members who make significant progress toward achieving their academic, character and leadership goals;

⇒ The “A” Team award (Aspirations for Achievement and Attainment in Academics), given to members who meet a specific set of criteria for academic, character and leadership achievement; and

⇒ The Circle of Excellence award, which is given to members who excel in all of the above areas.

“To support members’ achievements and reinforce the skills needed to be successful in school, we will offer activities throughout the year that are designed to be enjoyable and fun,” said Kimberly Reid, youth director.

Youth wanting assistance on meeting the criteria for one of the Achievement Matters! Awards are invited to participate in the Power Hour homework help and tutoring program offered at the youth center. For more details, call 871-2251.



# eBuzz winners

Congratulations go to **Bonnie Anton, Richard Flaws, Cheryl Hansen, Tabatha Richard, Kristi Robertson and Elda Vedross**; each won a gift certificate to the MWR facility of his or her choice. Every person on the eBuzz list automatically is entered into a monthly drawing for prizes; we have 15 to choose among including free golf at Pine Bayou and free concession-stand items at Smith Memorial Theater. To join, e-mail [michelle.fayard@navy.mil](mailto:michelle.fayard@navy.mil).



- Movie Night** ⇒ 2 December, 1800-2100, \$1
- Cinemark Trip** ⇒ 3 December, 1000-1600, \$5
- Keystone Meeting** ⇒ 6 December, free pizza
- Remember Pearl Harbor** ⇒ 7 December
- Twister Twist Off** ⇒ 8 December
- Movie Night** ⇒ 9 December, 1800-2100, \$1
- Bowl at Guade Lanes** ⇒ 10 December, 1100-1600, \$4, lunch needed
- Torch Club Meeting** ⇒ 13 December, free pizza
- Wacky Wheel of Fortune** ⇒ 14 December
- Movie Night** ⇒ 16 December, 1800-2100, \$1
- 12 and Older Mobile Mall Trip** ⇒ 17 December, 1000-1800, \$5 plus money for lunch
- Comedy Evening** ⇒ 21 December
- Movie Night** ⇒ 23 December, 1800-2100, \$1
- Kids Choice Night** ⇒ 29 December
- Movie Night** ⇒ 30 December, 1800-2100, \$1
- New Year’s Lock In** ⇒ 31 December {1800}-1 January {0700}, \$10
- Italian Cooking Night** ⇒ 3 January; make lasagna and fettuccini
- Make a 2006 Time Capsule** ⇒ 4 January
- Relay Races and Games** ⇒ 5 January
- Movie Night** ⇒ 6 January, 1800-2100, \$1
- Xtreme Paintball in Mobile** ⇒ 7 January, 0800-1800, \$12, for youth 12 and older
- Keystone Meeting** ⇒ 10 January, free pizza
- Extreme Scavenger Hunt** ⇒ 11 January; prizes
- MLK Activities and Crafts** ⇒ 12 January
- Movie Night** ⇒ 13 January, 1800-2100, \$1
- Cinemark Trip** ⇒ 14 January, 1000-1600, \$5
- Torch Club Meeting** ⇒ 17 January, free pizza
- Learn to Paint Watercolors** ⇒ 18 January
- Staff Challenge Night** ⇒ 19 January
- Movie Night** ⇒ 20 January, 1800-2100, \$1
- Open Recreation** ⇒ 21 January, 1000-1600, lunch needed
- Jammin’ Jeopardy Night** ⇒ 24 January
- Board Games and More** ⇒ 25 January
- Celebrate the Chinese New Year** ⇒ 26 January
- Movie Night** ⇒ 27 January, 1800-2100, \$1
- Mobile Exploreum** ⇒ 28 January, 0800-1700, \$5

All events are free and held 1730 to 2030, unless otherwise noted. For details, call 871-2251 or stop by Building 335.

Sun

17

Sun

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Fri

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Sat

31

Sun

Christmas Gift Wrapping Party, 1800, Free

Shop 'Til You Drop Mall Run + Dinner 1700, \$5 {Crossroads Plaza}

Santa's Best Shot Pool Tournament, 1800, Free

Hot Chocolate and Christmas Goodies, 1800, Free

Gingerbread House Making, Free

Winter Wonderland, 0800, \$15 {Jackson planetarium}

Christmas Cookie Decorating, Free

Celebrating Christmas in Other Cultures, Free

Holiday Youth Camp, 12/19-23 and 27-30, 0600-1730 {Call 871-2251 for fee details; a sack lunch will be needed each day.}

Liberty Program

Youth Center

CBC Fitness Center



Looking for a great lunch in a hurry?

SMITH MEMORIAL THEATER

The base theater serves lunch 1100 to 1330 every Monday through Friday along with a free movie.

- Menu items include:
- pizza
  - burger dogs
  - nachos and more ...



The theater, which has reopened in its regular location, shows **free movies** seven days a week.

Call 348-6480 for more details.



BEEHIVE BAR & GRILL

Come eat at the newest place on base! Lunch is served every Monday through Friday from 1100 to 1300.

- Menu items include:
- hamburgers
  - grilled chicken
  - kielbasa sausage
  - hot dogs
  - plate specials <any of the above plus a soda and two of the following: potato chips, baked beans or a vegetable>



Chili is available by the bowl or as a topping for hamburgers and hot dogs

Watch for our **soup** of the day

Or enjoy **sausage, RED BEANS and RICE** on Wednesdays

For more details, call 323-2662. Please note the lunch program will be closed 19 December to 2 January.

Club Calendars

Beehive Bar & Grill

- Social** ⇒ 1 December <food begins at 1530>
- Patio Barbecue** ⇒ 2 December, 1700, \$3.95
- College Football** ⇒ 3 December <snacks>
- NFL Football** ⇒ 4 December <giveaways>
- Monday Night Football** ⇒ 5 December <beverage specials start at 1900>
- 25-cent Snack Specials** ⇒ 6 December
- Trivia Tournament** ⇒ 7 December, 1900
- Social** ⇒ 8 December <food begins at 1530>
- Fish and Chips Special** ⇒ 9 December, 1700, \$3.95
- College Football** ⇒ 10 December <snacks>
- NFL Football** ⇒ 11 December <giveaways>
- Monday Night Football** ⇒ 12 December <beverage specials start at 1900>
- 25-cent Snack Specials** ⇒ 13 December
- Karaoke Night** ⇒ 14 December, 1900
- Social** ⇒ 15 December <food begins at 1530>
- Steak Night** ⇒ 16 December, 1700, \$4.95
- College Football** ⇒ 17 December <snacks>
- NFL Football** ⇒ 18 December <giveaways>
- Holiday Hours** ⇒ 19-23 and 26-30 December: Monday-Friday 1500-until
- Monday Night Football** ⇒ 19 December <beverage specials start at 1900>
- 25-cent Snack Specials** ⇒ 20 December
- Air Hockey Tournament** ⇒ 21 December, 1530 <prizes>
- Social** ⇒ 22 December <food begins at 1530>
- Fish and Chips Special** ⇒ 23 December, 1700, \$3.95
- Pro and College Football** ⇒ 24 December <snacks> <Beehive open 1130-until>
- Closed** ⇒ 25 December
- Monday Night Football** ⇒ 26 December <beverage specials start at 1900>
- 25-cent Snack Specials** ⇒ 27 December
- Dart Tournament** ⇒ 28 December, 1600
- Social** ⇒ 29 December <food begins at 1530>
- Chili Night** ⇒ 30 December, 1700
- New Year's Eve Party** ⇒ 31 December <food, games, prizes, beverage specials and more> <Beehive open 1700-until.>

For more details, call 323-2662.

Anchors & Eagles

- Social** ⇒ 1 December <food begins at 1500>
- Closed** ⇒ 3-4 December
- Monday Night Football** ⇒ 5 December <beverage specials>
- 25-cent Snack Specials** ⇒ 6 December
- Foosball Tournament** ⇒ 7 December, 1530
- Closed** ⇒ 11 December
- Monday Night Football** ⇒ 12 December <beverage specials>
- 25-cent Snack Specials** ⇒ 13 December
- Dart Tournament** ⇒ 14 December, 1530
- Social** ⇒ 15 December <food begins at 1500>
- Fish and Chips** ⇒ 16 December, 1700
- Closed** ⇒ 18 December
- Holiday Hours** ⇒ 19-31 December: Monday-Friday 1430-until <closed Saturday and Sunday unless otherwise noted>
- Monday Night Football** ⇒ 19 December <beverage specials>
- Booked for an engagement** ⇒ 20 December
- Shuffleboard Tournament** ⇒ 21 December, 1530
- Social** ⇒ 22 December <food begins at 1500>
- Closed** ⇒ 23-25 December
- Monday Night Football** ⇒ 26 December <beverage specials>
- 25-cent Snack Specials** ⇒ 27 December
- Trivia Tournament** ⇒ 28 December, 1530
- Social** ⇒ 29 December <food begins at 1500>
- Chili Night** ⇒ 30 December, 1500
- New Year's Eve Party** ⇒ 31 December <food, games, prizes, beverage specials and more starting at 1700>
- For more details, call 323-2662.



It's Never Been Easier to Get the Supplies You Need.

Your Local GSA Supplier of Choice!

- ★ Government Purchase Orders, Government Purchase Cards, and Commercial Credit Accounts Accepted
- ★ Dedicated Support at the Pro Desk



# Disney on Ice Tickets

*Nov. 23-27*

*American  
Bank  
Center*

*Discount  
Ticket prices:*

*\$7.75  
(section 205)*

*\$14.25 \$19.25  
(section 105)*



*Experience  
Romance,  
fun and  
adventure  
with your  
favorite  
Disney  
Princesses  
and their  
heroes.*

**Discount Tickets are Available at  
Naval Station Ingleside  
ONLY through the MWR ITT office  
located in Bldg. 100  
Call 776-1400/4865**

This information is intended solely for eligible MWR patrons and their guests. Eligible patrons for this activity include the following:

Active Duty Military, Reservists, Retirees, Family Members and DoD/Authorized Patrons and their guests.

For information on becoming an "Authorized Patron," please contact our office!



**2006 POINTS EVENT**



**2006 POINTS EVENT**

**SUNDAY, NOV. 20<sup>th</sup>**

**Shotgun 1300**

***\$35.00 Entry Fee***

***\$45.00 Civilian Guests***

***Includes: Golf, Comp Round, Range Balls,  
Food, & Prize Purse.***

Format: Four person scramble. Players may form their own teams. Each player is required to use two tee shots during the round. Teams can reduce their score for every birdie putt holed out. Teams will be flighted.

Team Registration

Name \_\_\_\_\_ Hand. \_\_\_\_\_ Phone \_\_\_\_\_

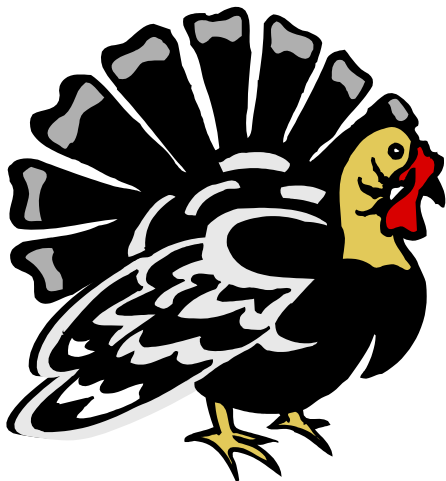
Name \_\_\_\_\_ Hand. \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Hand. \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Hand. \_\_\_\_\_ Phone \_\_\_\_\_



# NAS JACKSONVILLE TURKEY TROT



**THURSDAY, NOVEMBER 17  
11:30 A.M.  
PERIMETER ROAD**



NAS JACKSONVILLE  
BASE GYM  
BUILDING 614 GILLIS STREET  
JACKSONVILLE, FL 32212



Return forms to Base Gym or Fitness Source or e-mail: [tim.r.mckinney@navy.mil](mailto:tim.r.mckinney@navy.mil)

THURSDAY, NOVEMBER 17  
11:30 A.M.  
PERIMETER ROAD/ANTENNA FARM  
NAS JACKSONVILLE

## ELIGIBILITY

Active Duty, retirees, family members,  
reservists and DoD civilians.

## DIVISIONS

Men and Women Active Duty Division  
Men and Women Open Division

## COURSE

Flat and fast course on Perimeter Road

## AWARDS

Awards will be given to the top three men  
and women in each division

## T-SHIRT

T-Shirts will be guaranteed to the first 50 to  
pre-register. Registration forms may be  
picked up at the Base Gym or Fitness  
Source

## INFORMATION

Call 542-2930/3239/3518

Name (Last, First, MI) \_\_\_\_\_

Phone Number (include area code) \_\_\_\_\_ Sex \_\_\_\_\_

Command \_\_\_\_\_ E-mail Address \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants and the effects of weather. I grant permission to use any photographs, video recordings or any record of this event for legitimate purposes. I hereby give Navy Morale, Welfare and Recreation, their agents and employees the right to inspect and/or approve the photograph, audiotapes and/or videotapes for promotional, recruiting or educational purposes, without any limitation, reservation or compensation, other than the receipt of which is hereby given. This consent is given for any photographs, audiotapes and/or videotapes which have been taken, about to be taken or will be taken.

Signature \_\_\_\_\_ Date \_\_\_\_\_



# *Great Skiing in the Great Smokies*

*Outdoor Adventures is inviting you on a ski trip  
to Cataloochee Ski area in Maggie Valley!*

## **December 9-11**

**\$150.00 per person**

includes

- two night lodging
- lift tickets
- rental equipment
- lessons
- transportation

***Limited space is available so sign-up early!***

***Payment plan is available!***

***Pre-payment is a must.***

***Deadline to sign-up is December 1, 2005!***

*Outdoor Adventures*

**912-573-8103/1157**





# MWR INFO BLAST

**Mayport Bowl/Fast Lanes Grille 270-5377**

**Thanksgiving Turkey Shoot.** Get 3 strikes in a row Nov. 14 or 15 and win a 10-12 pound turkey. Cost is \$1 per try.

**Beachside Community Ctr. 270-7198/7204**

Castaway's Bar welcomes **Gunslinger** playing live music on Nov. 19 from 8pm to midnight.

Every **Tuesday night is Karaoke Night** at Castaway's. On Wednesdays, enjoy free munchies and a movie (or two) on the big screen at 5 p.m. As always, there is no cover charge.

**Kid's Christmas Bingo** is Sunday, Dec. 4 at 1 p.m. Tickets are now on sale.

**Single Sailors/Liberty 270-7788/7789**

Nov. 14. **Monday Night Football: Dallas Cowboys vs. Philadelphia Eagles** on the big screen. Free snacks and contests. Game starts at 9 p.m.

Nov. 16. **Nine Ball Tournament.** Single elimination. Starts at 6 p.m. Sign ups are welcome on the day of but spots are not guaranteed. Prizes awarded to first and second places.

Nov. 19. **Hiking at Big Shoals** with 33 miles of trails. Hike along the ridgeline for unique vistas of the Suwannee River that are uncommon in Florida's otherwise flat terrain. The topography ranges from flat expanses to steep slopes and ravines. Cost is \$5; includes lunch, transportation and park entrance fees.

Nov. 21. **Monday Night Football: Minnesota Vikings vs. Green Bay Packers** on the big screen. Free snacks and contests. Game starts at 9 p.m.

Nov. 22. **Free Comedy Zone Trip** with free appetizers for participants ages 18 and older. Sign up at Planet Mayport. One drink minimum purchase.

**Foc'sle CPO Lounge 270-5431**

Calling all **Chief Petty Officers** & their guests!

**Celebrity Bartender Night** is Nov. 15.

CPO Club is open for **Auburn vs. Alabama** Nov. 19 from 2:30-7:30 p.m. Bar open, grill available, sign up to bring your favorite dish.

**Navy Sports 270-5451**

Nov. 15—**Free Turkey Trot 5K Fun Run**  
8 a.m. start in front of the gym.

Nov. 16—**Turkey Shoot Racquetball Tourney.**  
Open to everyone.

**Youth Sports 270-5018**

Registration for **Youth Winter Basketball** is Nov. 1-30 for ages 5-15. Register at the Youth Activities Center. Cost is \$60/child.

**Youth Activities Center 270-5680**

**Freedom Friday (Movie Night)** 7-11 p.m.  
Nov. 18. Members: \$6 in advance, \$8 day of; Non-members: \$7 in advance, \$9 day of. Sign up early.

**Family Movie Night** is at 6 p.m. Nov. 19. This event is free. Bring your lawn chairs and/or sleeping bags to watch the movie on the big screen out back. Concessions available. Double feature: Valiant and Sky High.

**Information Tickets & Travel 270-5145**

The Daytona International Speedway is offering discounted tickets for military to the **Daytona 500** (2/19/06) and **Hershey Kissables 300** (2/18/06).

- **Great American Race Weekend (option 1):**  
2-day pkg. with one ticket, same seat, for both races (\$103.28).
- **All American Offer (option 2):**  
1 seat for the Daytona 500 and 1 Daytona 500 hat (\$102.25)

**City Lights & Cypress Nights Getaway, Dec. 3-4.** One night accommodation, hot breakfast, buffet dinner and 4-course lunch at Chalet Suzanne. \$235/person single occupancy, \$190/person double occupancy, \$175/person triple occupancy or \$168 quad occupancy.

**Savannah Getaway, Dec. 10.** Transportation and tour. Adults \$33.50, children \$27.00.

**Pool 270-5425**

**The pool is heated!** Adult Lap Swim is Monday through Thursday from 10:30 a.m. - 1 p.m.

**Closed Nov. 21-25 and Dec. 26-Jan. 6.**



# Relocated Due To Hurricane Rita

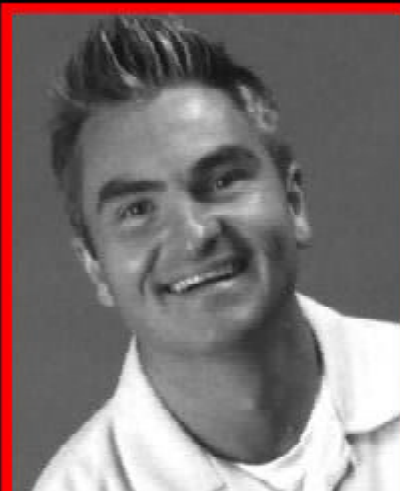
**NAVY**  
*Entertainment*

**PRESENTS:**

## The Comics On Duty World Tour

DISASTER RELIEF PERFORMANCES IN THE:

# GULF COAST REGION



**Gary Brightwell**

[www.GaryBrightwell.com](http://www.GaryBrightwell.com)



**Bone**

[www.ComedianBone.com](http://www.ComedianBone.com)



**P.J. Walsh**

[www.PJWalsh.com](http://www.PJWalsh.com)



**FREE**

**“Laughin’ by the Lake”**

during

**“Smokin’ by the Lake”**

8 p.m. -- Tonight, September 23  
Next to the Lakehouse at Navy Lake  
**Everyone Welcome!**



**FREE**

**DAVIS**

The Comics On Duty World Tour is A Davis Entertainment Group Production. All Rights Reserved.  
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Proudly Serving All Who Serve Since 1992!

[www.ComicsOnDuty.com](http://www.ComicsOnDuty.com)

**MWR**  
Marine Corps  
Warrior Activities

Naval Support Activity Mid-South

# Tree Lighting Ceremony

**December 6 -- 6 p.m.**

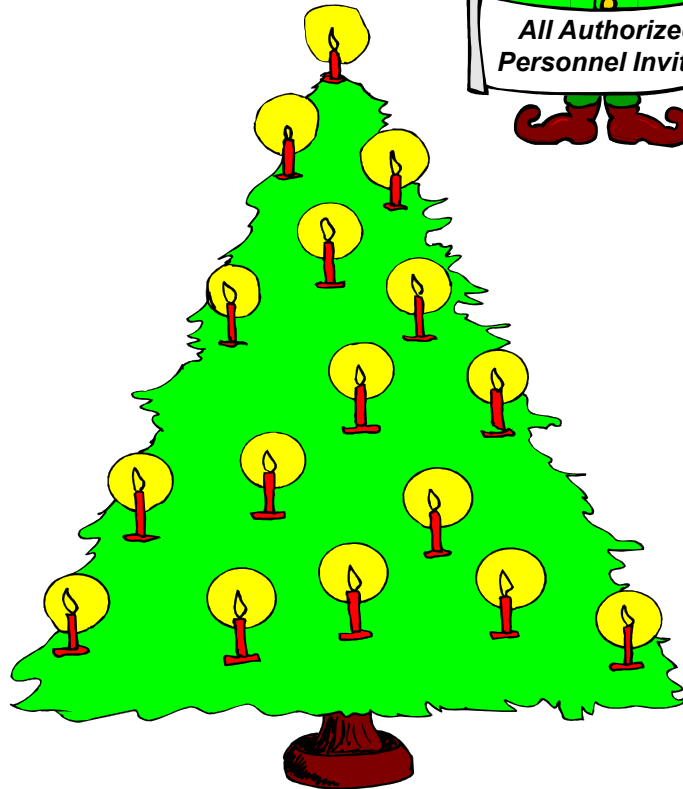
Front lawn of building S-455



*Holiday Treats  
for the kids!  
Hot Chocolate  
and Coffee!  
Watch Santa help  
light the tree!  
Holiday Music  
Call 874-5555  
for details.*

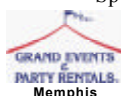
**FREE**  
*Navy Band Mid-South  
Holiday Concert  
at the  
Mid-South  
Conference Center  
Dec. 9 at 7 p.m.  
and  
Dec. 10 at 3 p.m.*

*Everyone is invited  
to come out.  
For details  
call 874-5784.*



**Breakfast With  
SANTA**

*Saturday, Dec. 10  
8:30 a.m. to 10 a.m.  
at the Helmsman Complex.  
\$3 for adults  
\$2 for children ages 5 & older.  
Children ages 4 & under - FREE.*



**CAMPER CITY OF  
MILLINGTON, LLC**



Disclaimer: NAVSUPACT Mid-South sincerely thanks and appreciates the sponsors of this event, however, neither the Navy nor any other part of the federal government officially endorses any company, sponsor, or their products or services.

# *Celebrate Your Child's Birthday With Us!* *at NAS Pax River*

*Schedule a birthday party  
at the Base Theater and  
let your child take  
center stage!*

## **8MM MOVIE PARTIES**

**The movie is on us!**

- ◆ Select from our large selection of 8mm movies (over 100 titles)
- ◆ Pay no theater rental fee or admission fee
- ◆ Parties scheduled on Saturday afternoons or Monday and Tuesday evenings
- ◆ Bring your own cake

## **FEATURE FILM PARTIES**

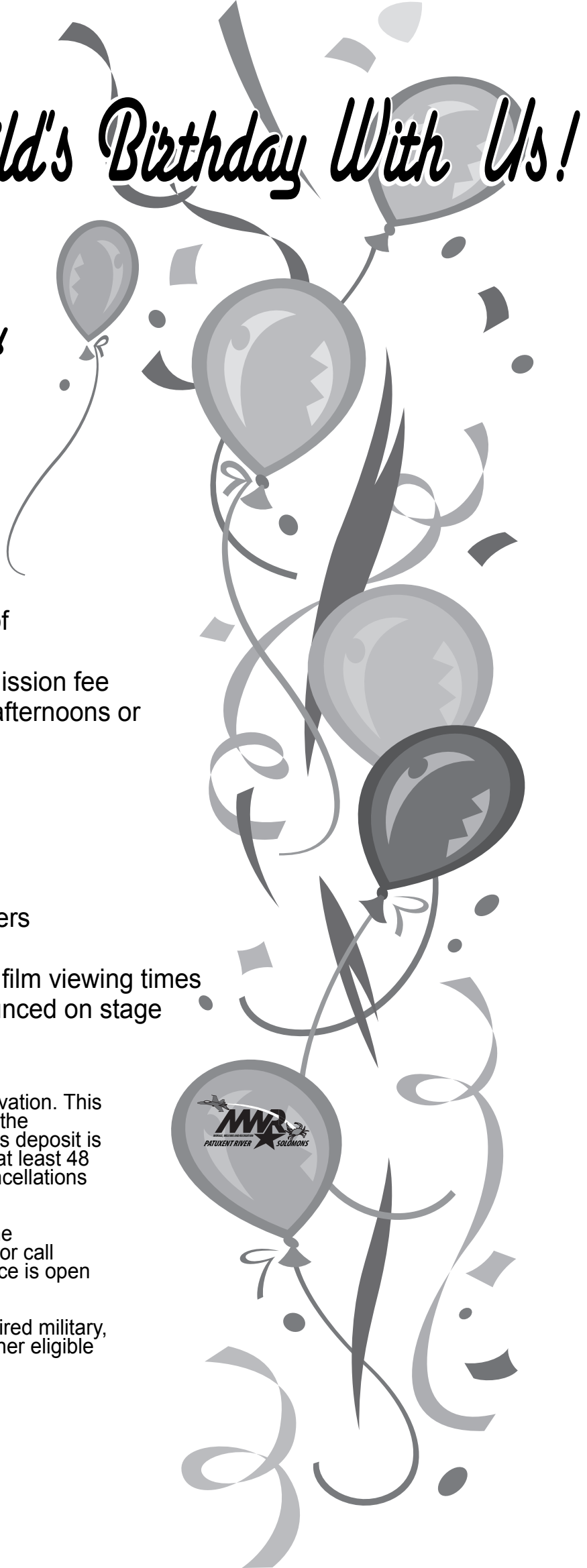
**Go first class!**

- ◆ Enjoy one of the latest blockbusters
- ◆ Regular admission prices apply
- ◆ Parties scheduled during feature film viewing times
- ◆ Name of the birthday child announced on stage
- ◆ Bring your own cake

A \$25 deposit will be charged at time of reservation. This deposit will be deducted from the expense of the concession sales on the date of the party. This deposit is non-refundable unless the party is cancelled at least 48 hours prior to the date of the reservation. Cancellations can be made by calling (301) 342-3648.

To schedule your child's party, please go to the Recreation Office located inside the Drill Hall or call (301) 342-3648 for more information. The office is open Monday-Friday, 8 a.m.-5 p.m.

Parties may be booked by active duty and retired military, DoD personnel, their family members, and other eligible personnel.





## **November 2005 Preview**

### **COMMUNITY ACTIVITIES**

#### **Holiday Kickoff**

Friday, December 2 at 4pm

Crafts and activities from 4 – 7pm

Come to Piazza Sigonella for MWR's Holiday Kickoff Extravaganza! Enjoy free cookies and hot chocolate and don't miss a special appearance by Santa Claus himself!

#### **Harlem Globetrotters**

Friday, December 9

Doors open at 6:30pm

Game starts at 7pm

Limited seating, tickets available at ITT & Take 5

#### **Wellness Fair**

*Friday, November 18 from 11am - 6pm*

*Health Promotions Office located in Midtown*

Achieve the healthy lifestyle you've always wanted! MWR, the FFSC, and the hospital have teamed up to bring you easy tips to reach your goals. This free fair will also feature:

- blood pressure screening
- body composition testing
- cooking demos
- mini-massage and more

#### **Holiday Visits**

Ends Tuesday, November 22

Let MWR kick off your holiday season in high spirits! We're inviting all commands to give us a chance to liven up this upcoming holiday season. To schedule your MWR holiday visit, call Marketing at x0507.

#### **Calling all Cooks**

Help out single sailors this holiday season and donate a dessert to Take 5 on Thanksgiving Day. Call x2034 for more info

### **RECREATION**

### **Bingo Has Moved to Da Michele's!**

Mondays starting November 7.

Win big with two jackpots up for grabs! Cards will go on sale at 5:30pm and BINGO will start at 6:30pm. The bar and grill will open at 4pm and they will be serving a dinner special.

### **THEATER**

#### **Single Sailor Theater Special**

Sailors E-4 and below, with ID, can get in free to our 10pm late movie on Friday and Saturday nights!

### **TAKE 5 LIBERTY CENTER**

#### **Tournament Tuesday**

Tuesday, November 1 & Tuesday, November 22

Xbox, ping pong, pool

#### **Hard Rock Café Dinner**

Thursday, November 3

Depart: 6:30pm, pay only for your meal

Sign up by Wednesday, November 2

#### **Extreme Bowling**

Tuesday, November 8 & Thursday, November 17

Depart: 6pm

Return: 9:30pm

Cost: \$3.00

#### **Movie Night**

Thursday, November 10

Depart: 7:30pm

E-4 and below get in free with ID

#### **Dine out in Motta**

Wednesday, November 16

Depart: 6:30, pay only for your meal

#### **Thanksgiving Day Events**

Thursday, November 24 at 3pm

Calling all single sailors, join us for Thanksgiving games and giveaways

- turkey bowling
- a pumpkin pie eating contest

- twister tournament
- free pizza party
- football frenzy - the first ten people wearing football attire win a prize
- delicious desserts

### **Siracusa Mall Shopping Trip**

Friday, November 25

Depart: 10am

Return: When everyone is shopped out.

### **Spades Tournament**

Monday, November 28 at 6pm

Join us for some competition and win a prize.

### **Catania Liberty Shuttle**

*Friday and Saturday Evenings*

Hop the shuttle to the heart of Catania for shopping, great restaurants, and sightseeing. The Liberty Shuttle will pick you up at NAS I or Take 5, drop you off in Catania, and return you to Sigonella.

Call x 2034 for a schedule.

*Watch out for trivia contests and free giveaways held throughout the month!*

## **LIBRARY**

### **Go Stateside- New!**

Visit the USA in your MWR Library today.

Read each of the 50 state magazines available and learn more about all of the 50 states. Find out interesting facts, travel destinations, dining, politics, business and more in your home state.

### **Internet Library Cafè**

Check out our new hours and have one of Sigonella's best cappuccinos.

Open 7:30am to 5pm

## **PHOTO SAFARI CLUB**

### **Donna Fugata Castle**

*Saturday, November 26*

Donna Fugata Castle is only a few miles from Ragusa. Surrounded by eight acres of gardens, the castle has three levels with 122 rooms. In 1648, Corrado Arezzo, Baron of Donnafugata, renovated the castle. Legend has it the name of



the castle tells of Princess Bianca of Navarra's escape from the persecution of the Earl of Cabrera. In fact, "Donna Fugata" is the Sicilian translation of "escaped woman".

*Depart: NAS / Gate at 9am*

*Return: 5:30pm*

\$35 + €5 entrance fee

Sign up at ITT

## **SPARETIME**

### **Mommy and Me Bowling**

*Wednesdays from 10am-11am*

Sparetime invites all kids ages 5 and under for a special hour of bowling every Wednesday. We will open up one hour early just for you! Parental supervision required.

\$4 per hour, fifty cent shoes

### **Extreme Bowling is Back!**

Tuesdays & Thursdays, from 5pm – close

Come to Sparetime to bowl under fluorescent lights and glowing surroundings.

Games only \$2.10 & shoes only \$1

## **JOX SPORTS BAR**

### **Jox Special Events**

#### **Dollar Game**

Monday, November 21 at 8pm

#### **Scavenger Hunt**

Tuesday, November 22 at 9pm

Winner gets a prize!

#### **Turkey Bowling**

Tuesday, November 22 at 9pm

Winner gets a free Butterball turkey!

#### **Poker Tournament**

Thursday, November 24 at 7pm

Must sign up with the manager

12 Players Maximum

Winner gets a \$100 gift!

### **Sissy – Live Rock Band**

Thanksgiving Night at 8pm  
Thursday, November 24

**Crowd Pleaser Karaoke Contest**

Friday, November 25 at 9pm  
Crowd decides winner. Winner gets a gift!

**Monday**

Putting Contest at 8pm. Sign up with the manager.  
American tap beer only \$1.25 from 8-10pm

**Tuesday**

Dart or Pool Tournament at 7pm- you choose!

**Wednesday**

Kick back, relax and watch your favorite team on one of our TVs.  
8-Ball Pool Tournament starts at 7pm  
DJ starts spinning your requests at 7pm

**Thursday**

DJ starts playing at 7pm  
Free Buffalo wings & Happy Hour 8 - 10 pm!  
Sports Trivia Contest every Thursday night at 9pm. Winner will receive a special surprise gift!

**Friday**

Free Pizza Party at 9pm!  
Karaoke with "TJ" the Karaoke Queen from 8 - 11pm.  
We have over 6,000 songs from which to choose.  
DJ plays requests 11pm - 2am

**Saturday**

Ladies Night Dance Party from 9-11pm  
Discounts on non-premium beer \$1.50 and "well drinks" \$1.75  
Dance Night starts at 8pm, R&B, Hip Hop, & Old School

**Sunday**

Watch all the sports action at Jox starting at 5pm.  
Free popcorn at the bar!

**CORNER PUB**

## **Special Events**

### **Turkey Karaoke**

November 17 at 8pm

Winner gets a turkey!

### **Hot Cocoa and Italian Cake Give away**

November 24 at 9pm

### **Billard Break**

November 25 at 9pm

Person who sinks in the most balls on the break wins a t-shirt!

## **Tuesday**

Fellas Happy Hour from 7 - 9 pm.

Fifty cents off all "well drinks" and non-premium beer, non-alcoholic beverage discounted too!

## **Wednesday**

Ladies Night

Fifty cents off all "well drinks" and non-premium beer, non-alcoholic beverage discounted too!

## **Thursday**

Karaoke Night at 7pm with *TJ the Karaoke Queen*.

## **Friday**

Music starts at 4pm. Happy Hour from 4-8pm.

## **Saturday**

Dance Your Feet Off Night starting at 8pm!

R & B, Hip Hop, Old School & Salsa

## **Sunday**

Club opens at 5pm. Watch your favorite team on one of our TVs. Free nachos all night.

## **ITT Gear-n-Go**

### **Ragusa & Donna Fugata Castle (Special Mineo Pickup)**

*Saturday, November 5*

Travel to southwest Sicily to visit the town of Ragusa, which was totally rebuilt after the big earthquake of 1693 and is home to beautiful examples of baroque



architecture (Sant Giorgio Church). Afterward we'll relax and visit the Castle of Donna Fugata where we'll have lunch at a charming restaurant just in front of the castle.

*Depart: NAS II 7:30am, NAS I 8am, Mineo 8:45am*

*Return: 6pm*

*\$27, or 2 for \$40 + bring euro for lunch and fees*

### ***New Family Trip!***

#### **Vendicari Natural Reserve, Bird Watching, & BBQ**

*Saturday, November 5*

Visit the nature reserve of Vendicari located in the Province of Siracusa. Witness over 1,300 acres of golden sandy beach and salty bogs, a nesting place for migrant birds, as well as herons, flamingos, storks, ect. Vendicari is also rich in archeological ruins with a small port used by the Phoenicians and Greeks to export wheat and tuna fish. Wear comfortable shoes for this easy 2-hour walking tour. After working up an appetite, we'll stop to prepare a BBQ lunch, which is included in the price.

*Depart: NAS II 7:30am, NAS I 8am*

*Return: 4:30pm*

*\$35 includes lunch; Children under 12 are free*

#### **Nicosia & Sperlinga**

*Sunday, November 6*

These two towns, located in central Sicily, nestled between the Nebrodi Park and Mt. Etna Park are home to a Norman castle as well as many troglodytical caves. After exploring the castle and caves, we'll relax at an agrituristic farm for a typical Sicilian lunch.

*Depart: NAS II 8am NAS I 8:30am*

*Return: 7pm*

*\$20 + bring euro for lunch and fees*

#### **Regaleali Wine & Mussomeli Castle**

*Saturday, November 12*

Come with ITT to central Sicily to shop for Sicily's best wines. Regaleali produces high-quality Vino da Tavola (table wine). These fresh dry white wines are made from Catarratto, Inzolia, and Sauvignon Blanc grapes. The red and rose wines are made from Nero d'Avola, Nerello, and Perricone grapes. If you want, bring your own jug and they will fill it for you! After we're done wine shopping, we'll visit the Mussomeli Castle and have lunch.

*Depart: NAS II 6:30am, NAS I 7am*

*Return: 5pm*

*\$30 + bring euro for lunch and fees*

### **San Martino's Festival in Linguaglossa**

*Sunday, November 13*

If legend holds true, the day of San Martino will be a sunny day. Old tradition claims this is the perfect day for drinking the new wine and eating roasted chestnuts. ITT will take you to the breathtaking mountainside town of Linguaglossa to experience this unique festival.

*Call ITT for departure and return times.*

*\$27; Children under 12 are free*

### **Ficuzza & Corleone Winery with the Novello Wine**

*Sunday, November 13*

Ficuzza is a small village home to the Royal Hunting Palace of Ferdinand III of Bourbon, once the ruler of Sicily. The Palace is located in the richest and largest wooded area in Western Sicily. We'll wind down at the *Principe di Corleone Winery*, where we'll have lunch and sample the wine. The Novello Wine is a special wine and is freshest before December.

The winery does not accept credit cards.

*Depart: NAS II 6:30am, NAS I 7am*

*Return: 8pm*

*\$32 + bring euro for lunch and fees*

### **Chestnut Expedition on Mt. Etna and BBQ**

*Saturday, November 12*

Let's comb the forests of Mt. Etna for chestnuts. Just after Zafferana on the west side of the mountain, we'll collect our own chestnuts and roast them ourselves before starting our BBQ lunch. Please wear comfortable shoes and dress warm.

*Depart: NAS II 7am, NAS I 7:30am*

*Return: 4:30pm*

*\$38 includes BBQ lunch; Children under 12 are free*

### **Agrigento & Wine Tasting**

*Saturday, November 19*

Visit the ancient valley of Agrigento, home to more than 10 temples, most in remarkably good condition. Then we will visit a nearby winery for a wine tasting. The wines are made using an ancient Greek tradition. Insolia wine is the most famous wine from this region.

*Depart: NAS II 8am, NAS I 8:30am*

*Return: 6pm*

*\$42 includes wine tasting + bring euro for lunch and fees*

### **Chiramonte Gulfi & Olive Oil Shopping**

*Sunday, November 20*

Visit the Olive Oil Museum and learn more about this delicious condiment. You'll have a chance to purchase olive oil and tour this small town nestled between the Iblei Mountains.

*Depart: NAS II 8:30am, NAS I 9am*

*Return: 6pm*

*\$22 + bring €20 for lunch and extra euro for shopping*

### **Carrubo Agrituristic Farm**

*Thursday, November 24*

Spend your Thanksgiving Day Sicilian style. We'll have a typical Sicilian meal at the Carrubo Agrituristic Farm located in the Ragusa province. After lunch we'll relax with some wine in this welcoming Sicilian atmosphere.

*Depart: NAS II 9am, NAS I 9:30am, Mineo 10am*

*Return: 6pm*

*\$30 + €25 for lunch and wine tasting*

### **Taormina, Savoca & Limoncello Factory**

*Friday, November 25*

Discover the charming town Savoca, used as a backdrop for *The Godfather* film. Aside from the church sequence in Corleone, many scenes from this famous movie were filmed in this town! Visit the actual bar where important scenes from the movie were filmed. After the tour, we'll go to visit Taormina, renowned as a holiday resort town and is also known for its spectacular view and its lush vegetation. Then we will stop at Santa Venerina for Sicily's best limoncello.

*Depart: NAS II 8am, NAS I 8:30am*

*Return: 6:30pm*

*\$25 + bring euro for lunch and fees*

### **Palermo I**

*Saturday, November 26*

Tour the capital of Sicily and visit the Catacombs, Paladin Chapel and Martorana Church. The Paladin Chapel was constructed in 1129 under Norman ruler, Roger II, who dedicated the chapel to St. Peter. This chapel is adorned with beautiful gold mosaics and is known for its combination of Arab and western themes. Martorana Church was built under Norman influence in 1143 and is famous for its famous bell tower.

*Depart: NAS II 6:30am, NAS I 7am*

*Return: 6:30pm*

*\$34 + bring euro for lunch and fees*

### **Siracusa I & Seafood Restaurant**

*Sunday, November 27*

Visit the archeological area of Siracusa including the Ear of Dionysius, Cordari Cave, the Greek-Roman Amphitheater and the Cathedral. Then, wind down with a delicious seafood lunch on the Island of Ortigia.

*Depart: NAS II 8am, NAS I 8:30am*

*Return: 4:30pm*

*\$30 + bring euro for lunch and fees*



### **Horse Trekking**

*Tuesday, November 8, 15, 22, 29*

*Saturday, November 19, 26*

Explore southern Mt. Etna on horseback. We will be trekking in the hills surrounding Misterbianco. Experienced riding instructors will guide a 3-hr horse trek. Discover some beautiful trails and fantastic views. Bring a jacket and foul weather gear for possible cool weather since October is unpredictable. Don't forget your camera! Price includes transportation, ride, sodas, and water.

Medium experience required.

*Depart: NAS I at 8:30am*

*Return: 1pm*

*\$70; 16 yrs. and up only*

### **Shopping Trips**

#### **Patti Shopping (Caleca Factory)**

*Thursday, November 10*

*Depart: NAS II 7am, NAS I 7:30am*

*Return: 3:30pm*

*\$26 + bring euro for lunch and shopping*

#### **Catania Shopping**

*Thursday, November 17*

*Depart: NAS II 4pm, NAS I 4:30pm*

*Return: 8pm*

*\$8*

#### **Santo Stefano di Camastra Shopping (Ceramics Shopping)**

*Friday, November 18*

*Depart: NAS II 6:30am, NAS I 7am*

*Return: 3:30pm*

*\$26*

### **Bellini Opera**

#### ***Jenufa by Leos Janacek***

*Tickets go on sale at ITT, Monday, November 14*

#### **First Showing without transportation**

*Wednesday, December 14 at 8:30pm*

*\$42 per person for box seats*

*Semi-formal attire required*

#### **Second Showing with transportation**

*Friday, December 16*

*Depart: NAS I at 4pm*

\$42 per person for the floor  
\$32 per person for the gallery

### **Italian Classes**

**NAS I - Basic Italian** - \$120  
Tuesdays, November 29 - December 27  
8 - 11am or 5 - 8pm  
Instructor: Alfina Rapisarda

**NAS I - Conversational Italian** - \$120  
Tuesdays, November 28 - December 26  
5 - 8pm  
Instructor: Alfina Rapisarda

**Mineo** - Call ITT for more info

*Sign up for classes at ITT*

### **Extended Trips**

**Christmas in Rome**  
*Friday, December 23 - Tuesday, December 27*  
Double occupancy: €665 per person

### **Fitness**

**Navy Fitness Training Class**  
Tuesday, November 8 & Wednesday, November 9  
Calling all CFL's/ACFLS's and Command PT Leaders! The Navy Fitness Training Course is offered monthly on NAS I. This class teaches students to train others to use the fitness equipment available in the fitness facilities. Participants will also learn ways proper taping techniques and how to increase effectiveness of command PT sessions.  
Contact Sandy at x4301 for more info.

**The Great Geep Challenge**  
Saturday, November 19 at 9am at Flight Line Fitness Center  
Challenge yourself with this competitive base-to-base run.  
Sign up at Fit District or Flight Line Fitness Center.  
Pre-registration \$12, day of event registration \$20  
Register between 8am - 8:45am  
T-shirts and awards  
Contact the Fitness center x4483/ x5243 for more info.

**Learn to Lift (Ages 10 – 16)**

Fridays from 3 – 5pm

A two-week class on the components of fitness geared towards kids. Class topics will cover cardiovascular, strength and flexibility training. A fitness assessment will also be conducted at the beginning of each new course. Contact Fit District at X4483 for more info.

**Get Fit Workshops**

Save time and aggravation by learning the basics of fitness. Learn how to successfully achieve goals in strength training, cardio vascular training and flexibility. Already know the basics? Advanced classes are also available. Join in at anytime for these free workshops. Contact either gym for class times and days.

**NOVEMBER SPORTS****Golf Tourney: 2-Person Scramble**

*Saturday, November 5 at Il Picciolo Golf Club - Tee time 9 am*

Hit the greens with your team and have some fun!

Lunch and awards are included.

Mandatory Meeting: Thursday, November 3 at 4:30pm at Jox.

\$18 entry fee + \$25 greens fee

**3-on-3 Harvest Hoops Tournament**

*Saturday, November 19 from 10am - 4pm at Fit District*

Men's and Women's divisions

Maximum of 4 players per team, Double Elimination

Sign up by Wednesday, November 16 at either fitness center

Free entry!

Awards for top three teams

**Intramural Basketball**

*Pre-season begins Monday, November 28*

Coach's meeting: Thursday, November 17 at 4pm at Flight Line Fitness Center.

Rosters due at meeting.

*Men's and Women's Leagues*

Regular season starts Saturday, January 7

**Roller Hockey at Marinai**

*Tuesdays & Thursdays at 5pm*

Pickup games. All skill levels welcome.

*Call the Sports Coordinator for more info at X2711.*



## MWR Facility Directory **New** Hours

### **Corner Pub**

#### New Hours

Mon – Thu 1100 am – 1130 pm  
Friday 1100 am – 0100 am  
Sat 5 pm – 0100 am  
Sun 5 pm – 1130 pm

### **NAS II Pool**

Mon, Wed, Fri: 6am-8:30am &  
11:30am-1:30pm Lap Swim

### **Pizza Villa**

Mon – Fri: 6:30am-11pm  
Sat & Sun: 11am-11pm

Take out X4019 for the teen center

### **Mineo Community Center**

Tues – Thu: 3-7pm

### **Youth Center**

#### *Front Desk:*

Mon, Wed, Fri: 8 – 5pm  
Tues & Thu: 7am – 3:30

#### *Preteen Club:*

Mon – Fri: 2:30 – 5:30pm  
Sat & Sun: Closed

#### *Before School Program*

6 – 7:20am

#### *BLAST:*

Mon – Fri: 2:30 – 7:30pm

### **NAS I Child Development Center**

Mon-Fri: 6am-5:30pm  
Sat & Sun: Closed  
Holidays: Closed  
X3736

### **NAS II Child Development Center**

Mon-Fri: 6am-5:30pm  
Sat & Sun: Closed  
Holidays: Closed  
X1744

**Child Development Homes  
(office relocated to NAS II CDC)**

Mon-Fri: 7:30am-5:30pm

Sat, Sun & Holidays Closed

X1747

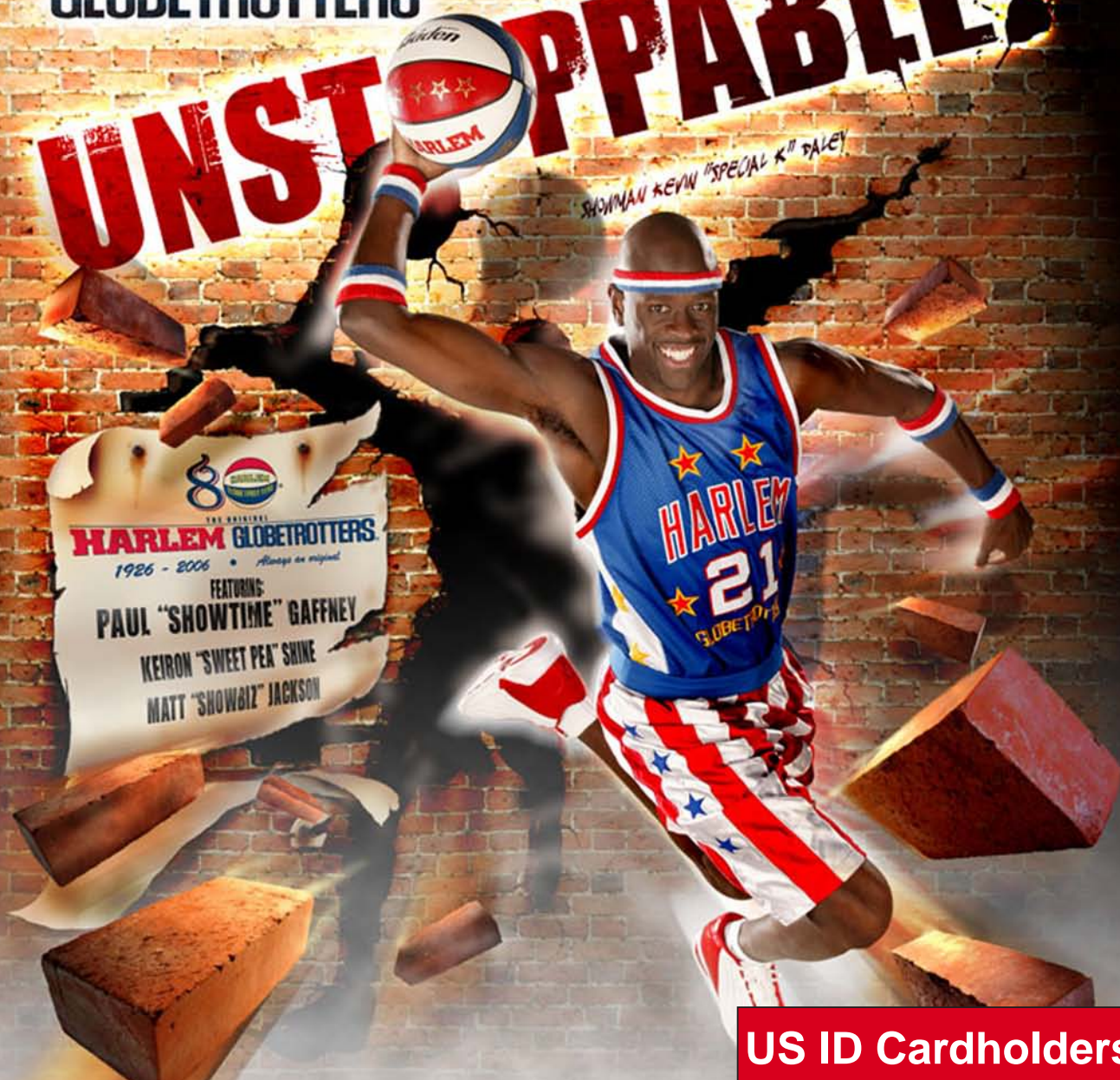
Mannie Jackson Presents  
THE ORIGINAL

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# UNSTOPPABLE!

SHOWMAN KEVIN "SPECIAL K" DALEY



8  
THE ORIGINAL  
**HARLEM GLOBETROTTERS**  
1926 - 2006 • Always an original

FEATURING:  
PAUL "SHOWTIME" GAFFNEY  
KEIRON "SWEET PEK" SHINE  
MATT "SHOWBIZ" JACKSON

**US ID Cardholders Only**

Tickets will be available at ITT and Take 5 starting Wednesday, Nov. 30. at 11am.

**Saturday, December 3**  
**Fit District (Midtown)**  
Doors open at 6pm  
Game starts at 7pm

WORLD TOUR SPONSOR  
**WESTERN UNION**  
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**Exchange**  
NORTHWEST SALES

**Navy**  
AutoSource

**Armed Forces Entertainment**

**MWR**  
MARINE CORPS

**MWR**  
NAS Sigonella, Sicily



MWR & the EEO Committee present

# the Great Plains Dancers

Wednesday, November 30

Experience Native American  
traditions and dancing

Stephen Decatur School  
Multi-Purpose Room at 1pm  
&  
Midtown Lobby at 5pm



## SPINNING TO A HEALTHY YOU

Story & Photos Ron Westlake

Remember when you were a little kid and one of the most important things in life was getting those training wheels off your bike and learning how to ride it with out any help from an adult. Remember how you rode that bike EVERYWHERE. You rode alone or with your friends, racing around the block, to and from school, to the store, to the park it was your ticket to freedom. Remember when your parents told you to only ride on the sidewalk and to walk it across intersection. Remember that as soon as you were out of their site you rode any where you wanted. Of course you weren't disobedient, it just made more sense.

How little did we realize that all of those years and miles of riding of our bikes our bodies were probably the healthiest and strongest they would ever be. We were burning up those calories, our hearts and cardiovascular systems were in top condition. Our legs and thighs were like rocks (not to mention our gluteus maximus). THEN ADULTHOOD!

Well as the old saying goes "what was old is new again" Just like wide ties and muscle cars the trends have us scurrying back to the old days. SPINNING! Yep, we are back on our pedaling contraptions only this time we are stationary. We are in spandex, micro fiber neon green or orange warm-up suits, shorts and tee shirts and spinning with others in perfect harmony as the instructor guides us up and down simulated hills and flat terrain while listening to music that makes you want to go to a NBA Basketball game.

People both young and old are either staying in shape or getting back in shape in spinning classes. Whether you ride for the unmatched calorie burn, to sweat out the events of the day, to get closer to a training goal or just to try something new, a Spinning program will change the way you look at fitness. Spinning class is both fun and effective. If you've ever left a group exercise class feeling frustrated, you'll appreciate that there are no complicated moves to learn with the Spinning program. Regardless of how fit, flexible or coordinated you are, you'll get a great workout. Simply hop on your bike set the resistance to the level that's right for you, and let your instructor guide you through an incredible ride.

Want to try it? Sure you do. Join Lynn Deang or Lisa Cherry at the FREE Spinning Classes located at the Navy Wellness Center Building, 3712 Corry Station. Classes are Monday-Friday and are open to active duty, dependents retired and DOD employees. Please call 452-6802 for the current times.

Perhaps you will find yourself spinning along side Don Boose, CDR, USN (Ret) who at 75 doesn't look a day over 55. Don says he spins "4-5 days a week" and when he's not spinning "he will ride his bike across town to meet his wife for lunch". He is a member of the Pensacola Free Wheel Bicycle Club that often trek on 100 mile rides. By looking at Don it's obvious that his routine has benefited him ...all the way to his Glutes.

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Below: Spinning group enjoying a 45-minute workout at CID Corry Station MWR Wellness Center.



Below: Lisa Cherry, spinning instructor, motivates participants in one of two daily spinning sessions at CID Corry Station.





Story Ron Westlake  
Photos Billy Enfinger

## ***6'O'CLOCK SHADOW & STROKE 9 ROCK*** **NAS PENSACOLA & CORRY STATION**

It was a great two nights of free rock & roll at the Portside Entertainment Complex and Corry Station's running track. "It is not very often that we have the opportunity to host entertainment of this caliber for the troops" said Mike Walters, Liberty Program Director.

Both concerts were slated to be held outside, however, Mother Nature had different plans. Thursday's event had to be moved indoors. The capacity crowd got a glimpse of an outstanding local band *6'O'CLOCK SHADOW* that featured female vocalist Amy Boudreaux who belted out originals with a Joan Jett force that had the crowd wanting more. Solid guitar riffs and booming base and percussions had the toes tapping, heads bobbing folks looking for the MOSH pit.

After a short set change, national recording group *STROKE 9* turned up the db's and gave the crowd what it waited for. The California based group was extremely sharp as it progressed from one selection to another, reaching back to a number of hits off each of the bands 5 albums, including "Little Black Backpack" and "Little Nasty Thoughts."

The highlight of the evening occurred when Airman Kody Sheehan, a student at Naval Air Technical Training Center and Tuesday nights Karaoke contest winner was introduced and took center stage and sang.

Noticing the reaction of the crowd, let's only hope to see more live entertainment aboard NAS Pensacola.



Amy Boudreaux performing with 6 O'Clock Shadow.



Karaoke winner performing with Stroke 9.



Members of 6 O'Clock Shadow performing at Portside Entertainment Complex



Members of Stroke 9 performing their hits to a capacity crowd at Portside Entertainment Complex.